

Cooking with Kids



Childhood is a great time to learn to cook. Cooking with your children is a great way to teach them a very valuable life skill while getting to spend time with them and have fun! Children who help with making meals are less likely to be “picky-eaters”. Even young children are capable of learning basic cooking skills. Different age groups will have different abilities.

Children gain a sense of self worth and success making attractive, tasty foods that everyone enjoys.

Create lasting bonds with children by telling them how much you value their help. Parents and grandparents who cook with young family members can share recipes and secrets passed from one generation to the next. This sharing of ideas connects family members and helps build family relationships.

Stirring, cutting, rolling and measuring foods can help children develop motor skills. They learn about colours, consistencies and shapes while cooking with you. Get them to help you read the recipe and learn math skills by counting food items and measuring.

Remember adult supervision is very important for kitchen safety.

Cooking Skills

Ages 3-6

- ✓ Tear lettuce, add and stir ingredients, knead dough, grease pans, slice soft foods with a dull knife, scrub vegetables and fruit.

Ages 6-8

- ✓ Fill and level measuring cups and spoons, whisk ingredients, cut soft foods with a dull knife, set the table.

Ages 8-10

- ✓ Prepare simple recipes with few ingredients, use a microwave and a can opener.

Ages 10-12

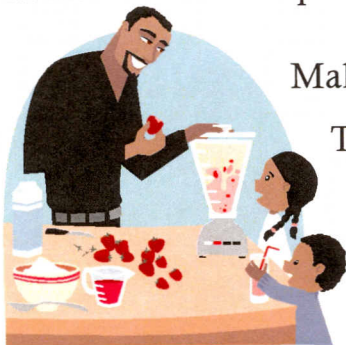
- ✓ Use a food grater, a knife and an oven with supervision.

Ages 12+

- ✓ Plan & prepare simple family meals.

Make cooking with your children a happy and fun experience.

They will learn cooking skills and life long healthy eating habits.



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