



Encourage your child to help you in the kitchen in order to cultivate their curiosity and use this quality time as an opportunity to teach kids about healthy foods!

- ◆ For this nutrition activity, please note that the following foods are considered choking hazards: grapes and hard fruit slices such as apples or pears
- ◆ Explain some nutritional benefits of food, for example yogurt is a great source of calcium, protein and probiotics (live bacteria to promote digestive health). Bananas are a great source of potassium while strawberries, oranges and pineapple are all rich sources of Vit C.
- ◆ You can introduce your child to food safety in the kitchen by making sure their hands are washed, hair is pulled back and sleeves are rolled up. Teach them about the oven and stove, warning them about heat and reminding them that there are no toys in the kitchen. Use the back burners when cooking on the stove. Keep appliances and utensils on the kitchen counter out of reach, especially knives. Use plastic or metal bowls and cups instead of glass.
- ◆ Encourage your child to be aware of their senses by asking what each different fruit tastes like, how it looks, feels and smells. Discuss the different cooking utensils and methods of food preparation (for example: slicing versus dicing or mixing versus blending). Introduce children to new words and help expand their culinary vocabulary!

- ◆ Assign children to help with the following tasks:
 - * Find a fruit or vegetable in the refrigerator
 - * Wipe down tabletops prior to meal time
 - * Set the table
 - * Help measure ingredients
 - * Wash fruits and veggies
 - * Peel small oranges
 - * Mix and pour ingredients
 - * Assist your child with cutting soft foods with a plastic knife
 - * Arrange fruits on the serving tray after they've been cut
 - * Dispose of food waste in the trash

Remember to have fun and teach children about why healthy eating is an important part of overall health!

