



Welcome To Food Families!





Cooking With And For Your Kids Elective Module



So...?

- What is one Food Families concept you have implemented in the past week?



Agenda

- Ready To Try Something New?
- Organizing Your Kitchen
- What Can My Kids Do To Help?
- Cooking Kid-Friendly Recipes
- Tip For Getting Kids To Try New Foods



Ready To Try Something New?

- Find a partner
- One of you gets a blindfold
- What do you think you're eating?
- Don't worry, you'll both get a chance



How To Organize Your Kitchen Like A Chef

- Why do you think it's important to be organized before you start cooking?
- What do you think a chef does to ensure the kitchen is well organized?



How To Organize Your Kitchen Like A Chef

1. Run your home kitchen like a restaurant kitchen
1. Start with a clean kitchen
1. Use prep bowls
1. Gather everything you need to start



How To Organize Your Kitchen Like A Chef

5. Optimize stations
6. Use fewer dishes
7. Have a trash bag/bowl ready
8. Clean up as you go



What Can My Kids Do To Help In The Kitchen?





What Can My Kids Do To Help In The Kitchen?

0 – 1 year olds

- Bring them in while you cook
- Let them play with wooden spoons or measuring cups
- Let them smell and touch ingredients
- Once old enough, let them taste



What Can My Kids Do To Help In The Kitchen?

2 – 3 year olds

- Wash fruits and vegetables
- Add items to dishes
- Smell spices and foods
- Find ingredients in fridge or pantry
- Pour ingredients into bowls



What Can My Kids Do To Help In The Kitchen?

4 – 5 year olds

- Cut soft foods with a plastic knife
- Crack an egg
- Set a timer
- Whisk a vinaigrette
- Set the table



What Can My Kids Do To Help In The Kitchen?

6 – 8 year olds

- Use a small paring knife
- Cook with you at the stove
- Grease a baking pan
- Peel fruits and vegetables
- Write the grocery list



What Can My Kids Do To Help In The Kitchen?

9 – 12 year olds

- Cut cooked meats, cheese, and tofu
- Make their own school lunch
- Use the stove to make basic recipes
- Decide what is needed to balance a meal



Let's Cook A Recipe Together





Tips For Getting Kids To Try New Foods

- What did you used to do as a child to make sure you didn't have to eat something you didn't want to eat?
- Any stories of "food battles" with your children?



Tips For Getting Kids To Try New Foods

- What ideas do you have that have worked?
- Here's a list of more ideas



**What is one idea you will
implement this week with
your kids?**