



# HEALTH AND HAPPINESS

## Let's Get Busy in the Kitchen



Spend time together with your child in the kitchen, preparing or cooking a snack, lunch, dinner or maybe a special treat.

### WHAT YOU NEED:

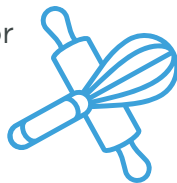
- A recipe! This will be influenced by the age of your child. For toddlers, this could be as simple as preparing a fruit platter or making a sandwich together. For older children, this could include making pancakes, a slice or soup.
- The recipe could be simple or adventurous. It will depend on the availability of ingredients or what time and energy you can manage on a particular day.



### WHAT YOU COULD DO:

Some recipes that could be a starting point:

- Scones
- Sandwiches
- Fruit platter
- Dips such as avocado, tzatziki or hummus with vegetables
- Vegetable or fruit muffins
- Soup - pumpkin, tomato



Children can help with measuring ingredients, mixing, cutting fruit (bananas and strawberries) for toddlers, peeling vegetables for pre-schoolers and cracking eggs.

Cleaning up is part of the cooking process as well. Children can help with this part too.

Click on the link for our delicious egg-free banana bread recipe:

<https://bit.ly/ecms-banana-bread-recipe>

Or try our Mini Blueberry Pancakes recipe:

<https://bit.ly/ecms-mini-pancake-recipe>

### WHERE TO NEXT?

- Start simple and build on the successes.
- Build a repertoire of recipes over time.
- Cook a recipe from a relative or friend: Yiayia, Nonna, Granny, Pop or Uncle Pete.
- Look for recipes with your child. This is a valuable and meaningful way of sharing reading or information technology together.

### WHAT LEARNING IS HAPPENING?

- Children who are involved in the preparation and cooking of meals may be more willing to try new foods.
- All senses are engaged in cooking experiences - sight, smell, touch, taste and hearing.
- Children are active participants - measuring, mixing, rolling, spreading, sieving and chopping.
- Children learn maths skills, of counting, fractions and size as ingredients are measured.
- Literacy skills are supported as ingredients are gathered, and instructions followed. New vocabulary will be heard as cooking techniques such as sieving, mashing, chopping are explained.
- Fine motor skills are practiced as children chop, mix, squeeze and spread.

### THINGS TO CONSIDER:

- There will be a mess but enjoy the spontaneity that cooking can offer.
- With every new experience, there is an element of trial and error and learning together.
- Learning and participation for different ages: <https://bit.ly/ecms-cooking-with-kids>
- Children need to be offered a new food as many as 10-15 times before they will eat it.
- Eat a rainbow of foods.

