

## Healthy Schools *Nutrition Nugget* – May 2010 Cooking Together as a Family

### Cooking builds self-esteem.

Helping in the kitchen builds confidence and early skills of independence.

### Cooking teaches.

Kitchen tasks give your child a chance to measure, count, and see food change. That is early math and science learning.

Small muscle skills develop, too, when your child uses his or her hands to help with kitchen tasks.



### Kitchen Safety Rules For Kids and Families

- Fasten hair back if it is long.
- Start with hand and table washing.
- Resist nibbling cookie dough or cake batter that has raw eggs in it.
- Work at a table.
- Wipe up spills.
- Wear clean clothes, maybe with short sleeves.
- Taste with a clean spoon. A licked spoon goes in the sink, not back into the bowl.
- Stay away from hot surfaces and utensils, and sharp objects. An adult needs to help.
- Walk slowly. Carry food and utensils with care.

### Pick kitchen tasks that match your child's abilities.

- 1) Easy: stir, pour, shake, tear.
- 2) Medium: spread, mix, and knead.
- 3) Difficult: cut, grate, and measure (with supervision).

**HAVE FUN!!!**

