



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

VOLUME #13 COOKING WITH CHILDREN

HELLO PARENTS,

Cooking is an important life skill and involving children in the kitchen at a young age has many benefits. When they spend time in the kitchen preparing ingredients, chopping, stirring, measuring, etc., the children learn basic safety, practice math, enhance their language, gain experience in planning, and expand their general knowledge. They also become more confident and independent. Children who are picky eaters are more likely to try different foods when they are involved in preparing meals. It is never too early or too late to start cooking together. In this newsletter, you will find simple activities and recipes to involve the whole family.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

SELF-FEEDING

MATERIALS:

- Cheerios, pudding or yogurt · Spoon · Muffin tin / baking sheet

DIRECTIONS:

- Place cheerios in a muffin tin and let your child pick up the cheerios with their fingers or a spoon.
- Have cheerios stick to the surface of sticky food like pudding or yogurt, and let your child scoop food with a spoon to feed themselves.
- Encourage your child to feed themselves during meal time.

For more fun food exploration activities [click here](#).

TODDLERS (19 MONTHS – 2.5 YEARS)

STIRRING BATTER

MATERIALS:

- Wooden spoon · Batter · A large bowl

DIRECTIONS:

- When you bake, involve your child in mixing ingredients for batter.
- Measure ingredients for batter and let your child help with adding them to the bowl.
- Have your child stir the batter.
- It is a great way to involve the children in learning about food and have fun in the kitchen at the same time.

For more fun activities to try in the kitchen [click here](#).

PRESCHOOLERS (2.5 – 5 YEARS)

FRUIT KEBABS

MATERIALS:

- Fruit that you have available at home, cut into cubes
- Bamboo skewer approx. 9 cm long

DIRECTIONS:

- Have your child name all the fruits and their colours.
- Count the items.
- Show your child how to use bamboo skewer to put fruit together.
- Let your child create their own kebabs; it is a good time to introduce new fruits.

For more recipes, [click here](#).

WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

JK/SK (4 – 6 YEARS)

CRUNCHY APPLE BOATS

MATERIALS:

- Apple - each apple makes two boats
- Your favourite spread - hummus, honey, labneh, etc.
- Puffed rice · Cheese · Toothpicks

DIRECTIONS:

- Cut the apple in half, removing the core.
- Fill the apple with hummus, honey, labneh or any other filling
- Sprinkle with puffed rice.
- Cut a sail for your apple boat from a thick slice of cheese and attach it with a toothpick.

You can find more healthy snack ideas for children [here](#).

SCHOOL-AGERS (6 – 12 YEARS)

MAKE YOUR OWN PIZZA TOAST

MATERIALS (KITCHEN TOOLS):

- Measuring spoons · A grater · A butter knife · A baking sheet
- Oven mitts

INGREDIENTS:

- 2 slices bread, lightly toasted · 2 tbs tomato or pizza sauce
- 4 tbs shredded cheese
- Any other toppings available (ask your child what they would like to add)

DIRECTIONS:

- Wash your hands with soap and water.
- Gather all tools and ingredients on a kitchen counter.
- Preheat the broiler in your oven or toaster oven.
- Spread each piece of toast with 1 tbs tomato or pizza sauce and top with 2 tbs cheese.
- Put the toast on the baking sheet.
- Use oven mitts and carefully put the baking sheet in the oven.
- Broil until the cheese is browned and bubbling, 1 to 2 minutes.
- Take it out of the oven (use oven mitts again), let it cool and enjoy!

[Click here](#) for more tips from Canada's Food Guide.

You can find easy recipes for breakfast, lunch, dinner and dessert [here](#).

A TIP FOR TODAY

This easy play dough recipe is a great creative sensory activity for children of all ages.

Making play dough

Ingredients:

- 2 cups white flour · 2 tbs vegetable oil · 1/2 cup salt
- 2 tbs cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- food colouring (optional)

Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
- Add food colouring to the boiling water, and then pour it into the dry ingredients.
- Stir continuously until it becomes a sticky, combined dough.
- Allow it to cool down, then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. This is the most important part of the process, so keep at it until it is the perfect consistency!
- If it remains a little sticky, add a touch more flour until just right.
- Store play dough in a sealed container or plastic bag to remain moist.