

Chico on \$10 a Day
presents...

COOKING WITH KIDS!

Why bring your kids in the kitchen?

- Kids are more likely to eat something that they have helped to prepare
- Cooking can help to build confidence and self-esteem, and teach important life skills like patience, following directions, and even math and science
- Learning to cook as a child helps to instill healthy eating habits that last a lifetime.
- Bringing kids in the kitchen creates a perfect opportunity for bonding, and helps to facilitate good communication

GETTING YOUR KIDS INVOLVED!

- * Have your kids help plan a meal you can make together, or bring them with you to the store to help pick out ingredients
- * Try sparking a child's interest with foods that are fun, colorful, or customizable like 'build-your-own' mini-pizzas

** Doing is a lot more fun than watching, so let your child help with anything they can by finding age appropriate tasks*

- Younger kids can help mix or even just pour ingredients into the bowl
- Older kids can help to cut and measure ingredients, or help follow the recipe

Tips for cooking with kids...

- Patience is the key!
- Things will almost certainly get messy... but that's ok!
 - If a mess happens, let your child know that it is ok to make mistakes- just help them to clean up and then move on!
 - Try spreading newspaper over the floor or countertops for easy cleanup
- Choose recipes that are quick and easy, especially when working with little ones
- Bringing kids in the kitchen to learn can take some extra time and patience. Try starting on the weekends when you are less stressed and have more time to spend together



by: Emily Coker

Kid-friendly recipe to try!

Whole wheat honey-orange muffins with strawberry salsa

Muffins (makes 10)

- 2 cups whole-wheat flour
- 1 tsp baking soda
- 1 pinch salt
- ¼ cup butter (melted)
- 1 egg
- ¼ cup brown sugar
- ½ cup honey
- 2/3 cup plain yogurt
- 1 tbsp vanilla or orange extract
- 2 tbsp grated orange zest

Strawberry Salsa:

- 1 cup diced strawberries
- 1 tsp honey
- 1 tbsp orange juice

Mix ingredients together and serve with the muffins.

Preheat the oven to 400° F grease your muffin tin, set aside. Sift and mix whole wheat flour, baking soda and salt. Make a well in the center of the dry ingredients and add the melted butter, egg (lightly beaten), sugar, honey, yogurt, extract and orange zest. Mix ingredients until just combined. Divide batter evenly between ten muffin pots and bake for 15 - 20 minutes (until risen, golden brown and a toothpick comes out clean from the centre of a muffin).

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