

## LET'S GET STARTED

Learning to cook should be fun and exciting, and we hope that you have a part in raising up the next generation of food enthusiasts that love cooking. After all, people that cook at home (both young and old alike) usually enjoy better health. Plus, there is nothing better than the feeling of accomplishment that comes with relishing the delectable goodness that you created! Beyond being a blast, cooking with kids also provides opportunities to teach many important life lessons, especially about health. To lay the foundation for healthy cooking and eating, kids should be taught how to prepare veggies and fruits early on in their culinary journey.

In this section, we review kids' nutritional needs and provide suggestions to get kids of all ages involved in the kitchen. We also discuss 8 essential habits for greater well-being, all of which have a major impact on the health of both adults and kids! After reviewing these habits, consider 1 or 2 goals you might want to work on and use our Well-Being Tracker sheet to help you achieve them. Finally, be sure to review our kitchen safety tips with kids before helping them test out the fun recipes in this section!

# Nutrition Needs for Kids

Just like adults, kids need a balanced diet rich in vegetables and fruits (amounts shown in chart).

### VEGGIES

AGE	GIRLS	BOYS
2-3	1 cup	1 cup
4-8	1 1/2 cups	1 1/2 cups
9-13	2 cups	2 1/2 cups

### FRUITS

AGE	GIRLS	BOYS
2-3	1 cup	1 cup
4-8	1 cup	1 1/2 cups
9-13	1 1/2 cups	1 1/2 cups



© 2012, Harvard T.H. Chan School of Public Health

Copyright © 2015 Harvard T.H. Chan School of Public Health. For more information about The Kid's Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, [hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate](http://hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate).