

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



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HOW TO INCLUDE KIDS IN THE KITCHEN

Kids of every age can play a role in the kitchen! The more they're exposed to food and cooking, the more likely they are to build a curiosity and appreciation for food and health. Here are some great ways to include kids of any age in the cooking process.

AGE PARTICIPATION GUIDE

TODDLERS 4 - 7 YRS 8 - 11 YRS 12 & UP



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IMPROVE THEIR ARITHMETIC



Add pre-measured ingredients



Measure and weigh ingredients



Scale and adjust ingredients



OPERATING TOOLS & APPLIANCES



Hold down buttons (salad spinner, food processor, blender) with supervision



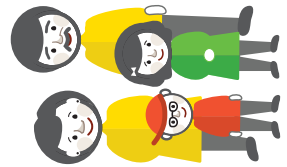
Operate tools and appliances on their own



SHARING COOKING KNOWLEDGE



Introduce names of ingredients



Describe tastes and textures and discuss the meal



Taste things



Brainstorm meal ideas together



Grow a garden



PREPPING & CHOPPING



Tear greens by hand (lettuce, kale, chard)



Use scissors to trim beans, peas, bell peppers



Prep easy-to-chop ingredients with a regular knife



Prep easy-to-chop ingredients with a kid's knife



Prep ingredients with a chef's knife



COOKING



Assemble pizzas and casseroles



Put in charge of making salad dressings



Stirring and shaking (soups, breadings)



Be responsible for a part of dinner



Seasoning and tenderizing meats with a fork



8 Habits for Greater Well-Being

1 Eat a healthy breakfast.

- Breakfast improves memory, creativity, and focus and helps maintain a healthy weight!
- Include a variety of fruits, whole grains, protein, and calcium rich foods!

2 Eat more fruits and vegetables.



- The fantastic nutrients in fruits and vegetables help prevent illnesses, help you learn and boost energy.
- Fruits and vegetables help with weight control.
- Eat at least 2 cups of fruit and 3 cups of vegetables daily!

3 Limit sweet drinks and hydrate.

- Water keeps skin, joints, and muscles healthy.
- Reduce or eliminate sweet drinks like soda, lemonade, sports drinks, and coffee drinks.
- Sweet drinks are linked to obesity, weak bones, diabetes and tooth decay.
- Aim for 6 – 8 cups of water daily for good health!



4 Limit sitting time.

- Get up and move at least every hour whether you are sitting at a desk, in the car, at the computer or tv, or on your phone!
- Too much sitting is tied to diabetes, heart disease, and obesity.



5 Increase your activity.

- Staying active boosts memory, reduces stress, manages weight, increases energy, and prevents illness.
- Include moderate exercise every day – at least 60 minutes a day for kids, 30 minutes a day for adults!
- Don't forget to add muscle and bone building activities several times a week!



6 Eat together and stay connected.

- Enjoying the company of others at meals can lead to better well-being!
- Kids who eat with family do better in school, have healthier weights, eat more balanced meals and tend to avoid more risk-taking behaviors.
- Positive relationships and social networks can boost your mood and favorably affect health!

7 Be mindful.

- Be aware and present in the current moment. Focus on what you are experiencing in a non-judgmental way!
- Being mindful while eating slows down meals and allows for more enjoyment.
- Mindfulness eases stress and adds more joy to each day.

8 Get a good night's sleep and recharge.

- Good sleep boosts mood, energy, memory, attention, and creativity! It is also important for managing weight.
- Discover other ways to also recharge and relax! Lowering stress is vital for good health and well-being!
- Aim for 7 – 9 hours of sleep a night for adults, 10 – 11 hours for children.

Well-Being Tracker

Week: _____

FOOD	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast Every Day!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits Eat More!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies Eat More!	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks Aim for None!	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+	○ ○ ○ ○ 0 1 2 3+
Low-fat Milk Drink Up!	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water Drink Up!	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○

ACTIVITY	SUN	MON	TUES	WED	THURS	FRI	SAT
Minutes of sitting time (TV, video games, computer, etc.) Go Easy!	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes
Move or walk every hour?	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○
Minutes of activity Rev it Up! (includes outside play, chores, family activities, walking to school, sports, and more...)	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes

WELL BEING

I enjoyed the company of others at meals on these days:

Sun Mon Tues Wed Thurs Fri Sat

I ate mindfully on:

Sun Mon Tues Wed Thurs Fri Sat

I received adequate sleep on:

Sun Mon Tues Wed Thurs Fri Sat

Celebrate

Things I did well this week:

My New Goals

Things I could improve on:

For more Well-Being tools, tips and programs, visit www.parkview.com.

Safe Cooking Tips for Kids

KEEP GERMS AWAY FROM FOOD!

- Always wash your hands with soap and warm water right before you begin cooking, after using the restroom, after you touch your pets, after you cough or sneeze into hands, and after handling raw meat, fish, or eggs.
- When washing hands, rub hands together with soap and water for at least 20 seconds, making sure to clean nails and between fingers, before rinsing off all soap.
- Never lick your fingers; this can make yourself or others sick!
- If you have to sneeze or cough, don't do it over the food. Sneeze or cough into your sleeve rather than hands.
- Tie back long hair before you start cooking.



STAY SQUEAKY CLEAN!

- Clean as you go! Wash surfaces and dishes throughout cooking so your work area stays clean and organized, and you don't end up with a mega-mess.
- Dishes should be washed with hot (but still comfortable), clean, soapy water. Start with the cleanest dishes first. Dry with a clean towel.
- To keep messes from getting on your clothes, wear an apron!



HANDLE WITH CARE!

- Never rush or run in the cooking space.
- Don't touch hot pans and dishes! Any dishes on a heated stove or in the oven can be dangerously hot even if you can't tell by looking. Use oven gloves if you have to move a hot dish, and ask for help moving heavy dishes.
- Knives, blenders, and food processors all have very sharp blades and should be used with care. Have an adult show you how to use these tools properly. Always keep fingers out of the way when cutting.
- Never place metal utensils or foil in the microwave, and always use microwave-safe dishes.

