Kids in the Kitchen

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NUTRITION

Kids in the kitchen.

START THEM YOUNG!
THE EARLIER YOU CAN HAVE THE KIDS IN THE KITCHEN WITH YOU,
THE BETTER THEY WILL BE WITH TRYING NEW FOODS AND CONSUMING A VARIETY OF MEALS.
IMITATION IS THE GREATEST COMPLIMENT AND KIDS LOVE TO IMITATE.
FROM WATCHING PARENTS AND OTHER ADULTS SET THE TABLE, TO PREPARE MEALS AND COOK, THEY ABSORB ALL OF THE ACTIONS, BEHAVIOURS AND EMOTION ASSOCIATED WITH PREPARING FOOD.
IF YOU'RE NOT A CONFIDENT COOK THAT IS OK TOO. IT IS VERY EASY TO LEARN TOGETHER.

THESE RECIPES ARE GREAT FOR SKILL DEVELOPMENT. THEY REQUIRE AND HANDS ON APPROACH WITH INGREDIENTS SO THAT CHILDREN REALLY LEARN TO EXPERIENCE THEIR FOOD AS WELL AS EAT IT. SOME MAY CAUSE A MESS IN THE KITCHEN, BUT THAT'S WHAT LEARNING AND FUN IS ALL ABOUT!

CHERISH YOUR TIME IN THE KITCHEN TOGETHER. NO MATTER WHAT YOU ARE MAKING.
IT IS WHERE SOME OF THE MOST SPECIAL MEMORIES ARE CREATED.

OF COURSE, ALL COOKING SHOULD BE DONE UNDER THE SUPERVISION OF AN ADULT.
ONLY ADULTS SHOULD USE EQUIPMENT SUCH AS OVENS, MICROWAVES, FOOD PROCESSORS, BLENDERS, SHARP KNIVES ETC.