

Cooking with Kids

Tips for Success

Include everyone in meal planning

- Children are more likely to eat mealtime foods when they have a say in planning them. Help children choose a variety of foods that make up a balanced meal or snack.
- Ask each member of the family or group to take turns choosing what will be served for supper one day each week. Help children create their own grocery list to go with the meal they choose.
- Choose simple recipes. Cooking with kids doesn't have to take a lot of time and work.

Learn together in the kitchen

- Sharing the kitchen with children can be fun, educational and encourages lifelong skills. Welcome taste testing.
- Keep traditions alive by sharing cultural roots and old favorites. Talk about where traditions come from.
- Create fun and positive experiences.
- Children learn well by doing. See the handout called “Teaching Food Skills: Age-Appropriate Tasks” for ideas on how to include children in the kitchen.



Enjoy Eating Together

- Eating together benefits everyone. It provides a time to share and connect.
- Kids benefit from regular mealtimes by exploring new foods and establishing eating routines.
- Be a role model by practicing positive eating habits.
- Keep family meals enjoyable with positive conversations.
- Adults determine what and when food is served. Kids determine how much food they will eat. Let your child's body tell them when they have eaten enough. This helps to avoid power struggles.

For more information, visit:

- Cooking with Kids:
<https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Cooking-with-Kids.aspx>
- Eat Meals with Others:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/eat-meals-others/>