

Session Two - Cooking Together

Core Message

Cook together. Make meals and memories together. It is a lesson they will use for life.

Background Information

Families that eat dinner together tend to have healthier diets that are higher in fruits, vegetables, and calcium, and lower in saturated fat.¹⁻⁴ Eating meals together also provides opportunities for role modeling. However, how you eat together makes a difference. Some research indicates that watching television while eating together may reduce the positive effects of family meals.⁵⁻⁶ Family meals may have a greater positive effect on children's diets when the meal is prepared at home.⁵ In addition, involving preschoolers in food preparation may also help make new foods more familiar and can help motivate children to try new foods.

Sources for Additional Information*

1. Gillman MW, Rifas-Shiman SL, Frazier AL, Rockett HR, Camargo CA Jr, Field AE, Berkey CS, Colditz GA. Family dinner and diet quality among older children and adolescents. *Arch Fam Med.* 2000;9:235-240.
2. Neumark-Sztainer D, Hannan PJ, Story M, Croll J, Perry C. Family meal patterns: associations with sociodemographic characteristics and improved dietary intake among adolescents. *J Am Diet Assoc.* 2003;103:317-322.
3. Coon KA, Goldberg J, Rogers BL, Tucker KL. Relationships between use of television during meals and children's food consumption patterns. *Pediatrics.* 2001;107:E7.
4. Larson NI, Neumark-Sztainer D, Hannan PJ, Story M. Family meals during adolescence are associated with higher diet quality and healthful meal patterns during young adulthood. *J Am Diet Assoc.* 2007;107:1502-1510.
5. Rockett HR. Family dinner: more than just a meal. *J Am Diet Assoc.* 2007;107: 1498-1501.
6. Feldman S, Eisenberg ME, Neumark-Sztainer D, Story M. Associations between watching TV during family meals and dietary intake among adolescents. *J Nutr Educ Behav.* 2007;39:257-263.

This information is adapted from the USDA website, <http://www.fns.usda.gov/fns/corenutritionmessages/default.html>

Session Overview

During this session, participants will explore the importance of cooking with their children. They will review what is reasonable to expect young children to do in the kitchen and consider some kitchen safety tips. Participants will practice preparing sandwich wraps that they can make at home with their children.

***These are not to be distributed to participants.**

Dialogue Learning Tips

- Use open questions.
- Time management is important in maintaining learner participation and energy. After asking an open question, let participants know that you will give them a few minutes for discussion. Let them know when the discussion time is almost up, and then end the discussion at the time you had planned.
- After asking a question:
 - Wait five seconds before listening to responses. This will allow all participants time to gather their thoughts and respond.
 - Allow participants to volunteer answers. Do not call on participants.
 - Affirm participants' answers. Use their names, thank them for contributing, and tell them why you are thanking them. **For example, "Thank you for sharing Martha. I imagine most of us can relate to what you said."**
 - Avoid praising participants' responses, (e.g., avoid saying "good" or "excellent").
- Ask follow-up questions to show you are listening to participants' responses.

Time Required for Lesson: 45 minutes

PREPARATION

Bring with you:

- Name tags (one for each participant)
- Colorful markers or pens (to write on the name tags)
- The session poster
- Copies of the participant handout
- The educator handout
- Sign-in sheets
- A watch or clock so that you can effectively manage time
- Ingredients for Crunchy Vegetable Wrap
- Small bowl
- Spoon
- Knives
- Cutting boards
- Small bowls or plates
- Hand wipes or hand sanitizer
- Glasses
- Water
- Paper towels
- Dish soap
- Sponge
- Napkins

Before the participants arrive:

- Display the poster for this session in the room.
- Arrange the tables and chairs so that all participants will be able to see you and each other. Make sure there is nothing (such as a desk) between you and the participants. If there is a round table in the room that will fit everyone, plan to use that table.
- Put name tags, markers, the sign-in sheets, and the materials for the cooking demonstration in the middle of the table or at the front of the room.
- Put one copy of the participant handout at each participant's seat.
- Make a name tag for yourself, and put it on your shirt where participants will be able to see it.

WELCOME and OVERVIEW (5 minutes)

Start by greeting participants as they walk in the door. Greet them with a smile, and say hello; use their names if you remember them from the last session. Ask them to make a name tag and take a seat.

Once everyone has arrived, welcome them to the class.

Remind them that last time you met, you discussed how parents can be role models for their children. It is important that children see their parents eating healthy foods and that parents talk to their children about how they decide to eat healthy foods.

Tell them that today you are going to talk about the importance of cooking with preschool-aged children. Point to the poster that you have displayed in the room and read it aloud.

LESSON (35 minutes)

Anchor (5 minutes)

Ask participants to discuss with the person sitting next to them: **"What kinds of things do your children like to do to help in the kitchen?"**

Allow them to discuss for three minutes. Avoid going over three minutes.

Have a few participants share their answers; you do not need to hear from everyone.

If no one wants to share, move on to the Add activity. Do not call on participants who have not volunteered to speak.

Add (10 minutes)

Use the handout to review the reasons why it's important for children to help in the kitchen and how they can help.

Use the Discussion Questions to encourage participants to talk about cooking with their children.

Apply (15 minutes)

Tell participants that they are going to practice making a meal that young children can help prepare.

- Read the recipe for Crunchy Vegetable Wraps.
- Have participants work as a group to prepare the wraps. Be sure to have them wash their hands or use hand sanitizer before they begin.
- Ask for volunteers to do the different parts of recipe. For example, one person can chop the the vegetables while another person spreads the cream cheese.

When participants have finished making the wraps, have them clean the utensils they used (if there is a sink in the room where you are teaching). Give each participant a taste of the wraps.

Away (5 minutes)

While participants are eating the wraps ask them, **"How could your children help prepare this recipe?"** Listen to and affirm three or four participants' answers.

Ask participants to use the "Goal Setting" section on the back of the handout to write down one meal that their young child can help prepare in the next week and what their young child can do to help prepare the meal.

CLOSER (5 minutes)

Refer back to the poster and the core messages and remind participants that it is important and fun to involve their young children in cooking. Encourage them to try making the Crunchy Vegetable Wraps with their children.

Thank the participants for coming and tell them when and where the next session will be held. As participants leave, say goodbye to them by name. Wait to leave until all of the participants have left.

FOLLOW-UP (after the session)

Text or Email Messages

Text or email messages can be sent to your participants to reinforce the main points of this session and remind them about the next session. The table below outlines approximately when your participants will receive the messages based on the frequency of your classes.

If you have this much time between sessions	Reinforcement message 1 will be sent:	Reinforcement message 2 will be sent:	Reinforcement message 3 will be sent:	Reinforcement message 4 will be sent:	Reminder messages will be sent:
One Week	Two days after the session	N/A	N/A	N/A	Five days after the session (two days before the next session)
Two Weeks	Two days after the session	Nine days after the session	N/A	N/A	Twelve days after the session (two days before the next session)
Three Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	N/A	Nineteen days after the session (two days before the next session)
Four Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	Twenty four days after the session	Twenty six days after the session (two days before the next session)

Sample Reinforcement Messages For Session Two

- * Hi! Cooking with kids is fun & lets you teach about healthy food. Kids can select & wash fruit. Feeding 4 Healthy Eating (Reply "STOP" to quit texts)
- * Hi [first name]! Cooking with kids is fun & your kids will want to try the food they helped make. Feeding 4 Healthy Eating
- * Hi [first name]! Making salad tonight? Your kids can help by tearing the lettuce. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)
- * Hi [first name]! Making sandwiches for lunch? Your kids can help put them together. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)
- * Hi [first name]! Have you tried the Crunchy Vegetable Wraps? Your kids can help you make it tonight! Feeding 4 Healthy Eating

Reminder Message

- * Hi! Looking forward to seeing you at the next session: [DATE, TIME, and LOCATION]. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

Session Two: Cooking Together Sign-In Sheet

Date:

As part of the **Feeding for Healthy Eating** program you can receive messages about feeding your young child.

We will send you 1–2 messages a week. These messages will give you reminders about what we talked about in class and suggestions for how to do the things that we talked about in class. We will also remind you when the next class will be held.

You can sign up for text messages or email messages.

To sign up for the text messages, **write your cell phone number below**. Only sign up for the text messages if you have an unlimited text message plan. You will be charged your standard rate for these messages.

Name: _____

Cell phone number: _____

To sign up for the email messages, **write your email address below**.

Email address: _____

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Cooking Together

**Cook together. Make meals and memories together.
It is a lesson they will use for life.**

**Why is it
important
to cook
with young
children?**

- It's a great way to encourage your child to eat fruits and vegetables. Kids like to eat foods they help prepare. All of that mixing, mashing, and measuring makes them want to taste what they are making.
- Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts.
- They will be learning skills they can use for life. Help teach them to follow instructions, count, and more!
- Cooking together means you can spend more time with your children. This is great on busy days.

**How can
young
children
help with
the cooking?**

- Tearing lettuce for a salad.
- Scrubbing or washing vegetables such as, potatoes and carrots.
- Setting the table.
- Helping to make sandwiches.
- Picking which vegetables go into a salad or soup.

Safety

- Make sure your children wash their hands before you start cooking.
- Teach your children that they should not touch the oven or stove. Do not ask them to put anything in the oven or remove anything from the oven.
- Use the back burner on the stove when possible.
- Turn pan handles toward the back of the stove or counter so that children cannot grab them.
- Never leave children alone in the kitchen when the stove or oven is on.

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Let young children help prepare healthy meals and they will be more likely to eat healthy foods.

Your young child can:

- Tear lettuce
- Spread peanut butter and jelly
- Decide which vegetable to put in a salad
- Set the table

Crunchy Vegetable Wrap

Try this recipe for a family meal!

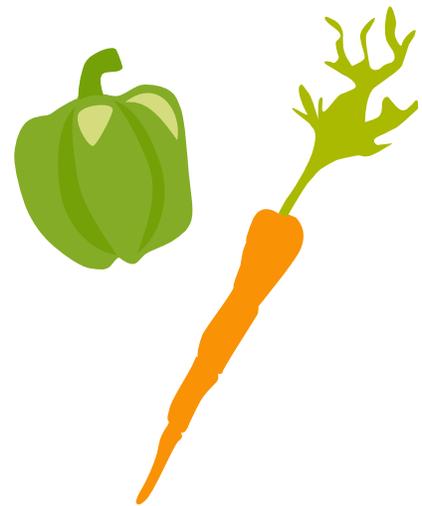
Ingredients

4 Tablespoons low-fat cream cheese
½ teaspoon ranch seasoning mix
2 flour tortillas
½ head of broccoli, washed and chopped
1 carrot, peeled and grated
1 zucchini, washed and cut into small strips
1 summer squash, washed and cut into small strips
½ tomato, diced
¼ green bell pepper, seeded and diced

Directions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly. With a sharp knife slice into circles and serve.

Serves: 4



Nutritional Information per Serving

Calories: 130

Total Fat: 4g

Saturated Fat: 2g

Goal Setting

**What is one meal that your young child can help prepare next week?
What can your child do to help prepare this meal?**



Cooking Together

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1

ANCHOR Activity

Ask participants to discuss with the person sitting next to them: "What kinds of things do your children like to do to help in the kitchen?" Allow them to discuss for 3 minutes, then have a few people share their answers.

ADD Activity

Read through the front of the handout with the participants.

2

Discussion Questions: How do your children react to foods they have helped make? Are they more willing to try foods they have helped to make? **?**

3

Discussion Question: Is there anything else your children enjoy doing in the kitchen? **?**

4

APPLY Activity

Have participants make Crunchy Vegetable Wraps and taste them.

AWAY Activity

Ask participants: "How could your children help prepare this recipe?"

Ask participants to use the "Goal Setting" section on the back of the handout to write down one meal that their young child can help prepare in the next week and what their young child can do to help prepare the meal.

TAKE AWAY Message: It is important to have young children help prepare healthy meals.

Talking Points

For parents who say they are too busy to have their children help prepare dinner (i.e. dinner needs to be prepared quickly and with minimal effort).

- Remind them that they can have their children help make any of the meals or snacks during the day, it does not have to be dinner.

1

Why is it important to cook with young children?

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- Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts.
- They will be learning skills they can use for life. Help teach them to follow instructions, count, and more!
- Cooking together means you can spend more time with your children. This is great on busy days.

2

How can young children help with the cooking?

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Safety

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- Teach your children that they should not touch the oven or stove. Do not ask them to put anything in the oven or remove anything from the oven.
- Use the back burner on the stove when possible.
- Turn pan handles toward the back of the stove or counter so that children cannot grab them.
- Never leave children alone in the kitchen when the stove or oven is on.

- Tell them that they can have their children help by selecting the foods the family will eat from several healthy options (e.g. children can select which vegetables to put in a salad, and their parents can wash and prepare the vegetables). Parents can have their children help make these decisions before the dinner preparations have begun (e.g. while driving or walking home at night), if things are too hectic during dinner preparation.

Additional ways young children can help in the kitchen

- Picking grapes off the stems and putting them in a bowl. Children can practice counting by putting the same number of grapes in several different bowls.
- Spreading soft butter or cream cheese on bread with a dull knife.
- Cutting a peeled banana with a dull knife.
- Parents can put the dull knives that children can use in a special place. They can then tell their children that these knives are the only knives that they can use to discourage them from reaching for or playing with the sharp knives.

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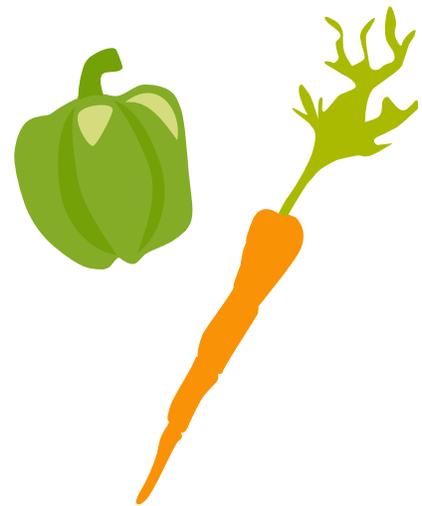
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