



Let Your Child Be the Chef

Does your child like to help you in the kitchen? When young children get to help prepare foods in the kitchen they learn to try new foods. Getting your child involved in the kitchen can be rewarding for you too. It is a great way to make meals and memories together.

Why cook with young children?

- Kids love to eat foods that they have helped to make. It is a great way to encourage your child to eat fruits and vegetables.
- Kids feel good about doing something so "grown up". Keep the tasks small and praise them for helping.
- Kids love helping in the kitchen. Take the time to teach them how to follow directions, count, measure and stir.
- Cooking together means more time together with your child. This is great on busy days.

What can children do in the kitchen?

- Read the recipe out loud.
- Scrub and clean fruits and vegetables such as potatoes, carrots and apples.
- Set the table with napkins, place mats, dishes and utensils.
- Measure and stir ingredients together.
- Tear lettuce for salads and sandwiches.
- Pour milk and water to drink with the meal.

Take Action!

Try one of these tips and let your child help in the kitchen this week!

- Let your child help prepare their favorite meal.
- Pack your child's lunch together. Your child can choose their favorite fruits and veggies for their lunch.
- Try a new recipe with your child. Visit www.eatsmart.umd.edu for ideas!



Recipe

Pumpkin Parfait

Servings: 1

Ingredients:

- ½ cup low-fat vanilla yogurt
- 1 Tablespoon pumpkin, canned
- 1/2 teaspoon pumpkin pie spice

Directions:

1. Mix all ingredients together in a small bowl or medium sized cup.
2. Serve immediately or refrigerate.

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