

Nutrition Bits and Bites!

Cooking with Kids!

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<https://www.surveymonkey.com/r/7BZYVS9>

Get Kids Cooking in the Kitchen

Cooking is a great activity to do with your children! Cooking can help develop so many important skills:

Sensory skills	Children will be exposed to different senses when cooking (tasting, touching, hearing, smelling and seeing).
Motor skills	Food preparation may improve hand-eye coordination.
Math skills	Cooking involves counting, measuring and following recipes!
Food Safety	Children can learn about the importance of food safety, cross contamination and proper hand washing.
Social skills	Cooking can be very interactive, get the whole family involved!
Emotional development	Children will become more independent the more they are in the kitchen.
Language skills	Cooking will provide the opportunity for children to learn the names of utensils, cooking methods, ingredients and much more!



Cooking with Different Ages

Get your kids cooking now!

- Age 2-3:** Wash fruits and veggies or help find ingredients
- Age 3-4:** Pour from a measuring cup or mash potatoes
- Age 4-6:** Stir ingredients together or crack an egg
- Age 6-8:** Invent a smoothie recipe or toss salad ingredients
- Age 8-11:** Use a knife to cut soft foods or use the microwave under parent supervision

Cook and Enjoy! Cooking Tips

Involve children in meal planning and grocery shopping. Children tend to be less picky if they are involved in the process!

- Let children create healthy meals and grocery lists using foods they love to eat!
- Let them cut the coupons! Teach them how to save money at the grocery store.
- Encourage them to participate in grocery shopping by finding the foods on the list!

Quick Dinner Ideas

1. **Homemade pizzas:** Let the children make it! Use whole grain pita bread, spread pizza sauce, sprinkle canned mushrooms, sliced olives and shredded cheddar cheese on top. Once it's all put together, bake in the oven until crispy.
2. **Stir fry:** Let children choose from the vegetables you have in the fridge. If the child is old enough, let them cut the vegetables into slices. Cook with a splash of soy sauce. Top with shredded cheese and serve with brown rice.

Fruity Maple Pancakes!

Ingredients:

Yogurt Sauce

¾ cup greek yogurt
2 tablespoons milk
2 teaspoons maple syrup
1 teaspoon cinnamon

Pancakes

1 cup whole wheat flour
½ cup white flour
3 ½ teaspoons baking powder
1 tablespoon white sugar
1 egg
1 ¼ cup milk
3 tablespoons butter
1 cup berries

Directions:

1. Mix together the yogurt, milk, maple syrup, and cinnamon in a small bowl. Set aside.
2. Mix together the flour, baking powder and sugar in a bowl.
3. In another bowl, beat together the egg, milk and butter until mixed well. Stir in the dry ingredients and berries.
4. In a skillet over medium heat pour ¼ cup of the batter on the pan. Cook until bubbly. Flip and continue cooking until golden brown.
5. Pour yogurt sauce on top and enjoy!

** Makes about 10 pancakes*



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

Contact Dial-a-Dietitian 1-877-830-2892

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