



## Kids in the Kitchen

Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare.

At any age, food activities start with washing hands with warm water and soap, and end with helping clean up at the end of the recipe or meal. A very important step.

Now, are you ready to help us get started?

Go ahead Cara and take that spoon and mix the ingredients in this bowl.

It's important that you give kitchen tasks appropriate for your child's age. Preschoolers like to help mix, mash and stir food, or clean fruits and vegetables or set the table.

By preparing a recipe, older children can practice measuring, food safety, following directions and learning to use kitchen equipment safely.

Children feel good about themselves when they are successful in the kitchen and create food they can eat.

But most important, it's quality time spent with you!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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