



Getting kids involved in the kitchen

May



Involve children in meal prepping and planning

Including children in the meal planning and preparation process provides kids with the opportunity to learn valuable skills such as budgeting, organizing, measuring ingredients and following a recipe. It is also a great opportunity to share cultural foods and family traditions.

Children can help with:

Planning which meals or recipes to create, adding foods to a grocery list, designing a recipe book to include pictures and dry samples of food such as lentils.

Choosing a new food from the produce aisle. Ask them to find different ingredients in the store or count the different fruits and vegetables in the cart. You can also help them read food labels to select foods that have a high fibre or low sugar content.

Preparing: Get the children involved in simple cooking steps like stirring and measuring ingredients, or setting the table.

Age-appropriate meal planning and preparing tasks

2-3 year olds can wash and add ingredients into a bowl.

3-4 year olds can help gather ingredients, mix things, mash soft ingredients like bananas.

4-6 year olds can set the table, use a kid-safe kitchen knife to cut tofu, soft fruits, and cooked vegetables.

6-8 year olds can crack and beat an egg, use basic equipment like a blender or can opener.

8-11 year olds can use a knife to cut cooked meat, prepare a fruit or vegetable platter and use the stove top with assistance.

Teens are able to follow more complex recipes, and can be put in charge of making meals on specific days.

Additional resources:

[Additional videos on child nutrition](#) from Dietitians of Canada

Here is a great [recipe card template](#) for your kids to fill out!



THE BENEFITS
of cooking with kids



Seek support

from a Dietitian near you:
www.dietitians.ca/find

References:

1. Getting kids in the kitchen. Retrieved from <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/cookwithchildren.pdf>
2. Involving kids in planning and preparing meals Retrieved from <https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/involve-others-in-planning-and-preparing-meals/involving-kids-in-planning-and-preparing-meals/>