



Igniting Joy in the Kitchen by Involving Children in the Meal Preparation Process

In our KidZCommunity Head Start, Early Head Start and Home Based programs, we offer children many opportunities to participate in active learning cooking experiences. Not only is cooking fun for children, but it is through these offerings that children learn so many valuable life skills such as:

- **Building Relationships:** Being together in a kitchen offers opportunities to spend quality time with children. It can be a place to talk about family traditions, through passed down family recipes, or it can simply be a place just to catch up with **day to day** life.
- **Builds Confidence:** The kitchen can be a place to nurture a child's self-esteem, and build a sense of self-worth.
- **Following Directions:** simple verbal directions, recipe instructions
- **Language and Literacy**
- **Mathematics:** Counting, Measuring, volume, weight
- **Science:** biology, chemistry, concepts, states of matter: solid, liquid, and gas, chemical reactions
- **Fine-Motor Skills:** It helps to develop hand strength and dexterity. stirring, measuring, rolling, squeezing and spreading are just a few of the kitchen tasks that allow young children to develop their **fine motor** and **hand-eye coordination** skills.
- **Safety:** Don't touch something that might be hot without protection, knife safety, general food safety and cooking hygiene.

Cooking with Children Develops Adventurous Eaters

One of the greatest benefits of cooking with children is that it can help them develop an **adventurous** and **varied taste palette**. When children are involved in the whole meal process such as grocery shopping, and preparation of the meal, they will be more inclined to try the foods that they have created.

In this parent packet we have included many ways to get your children involved in the kitchen. **Reminder: All cooking and food preparation should be very closely supervised at all times**

Cooking Experiences for Children in the Kitchen

- Setting the table
- Squeezing lemons
- Learning to match the silverware as you empty the dishwasher
- Using the salad spinner
- Picking the leaves off fresh herb stems
- Gentle stirring
- Mashing potatoes
- Dump ingredients into a bowl
- Put toppings on pizza
- Put forks, napkins, and condiments on the table
- Sweep the floor
- Tear up salad greens
- Wash dishes
- Dry Chop Vegetables with an enclosed chopper
- Dry dishes
- Help you unload the dishwasher
- Wash fruits and Vegetables
- Peel potatoes
- Shred cheese
- Husking corn
- Cut soft fruits with a dull butter knife
- Cutting herbs with children's scissors
- Peeling hard boiled eggs, mandarins, oranges...





[HTTPS://WWW.MAMABEARBRITT.COM/ACTIVITIES/2018/11/14/FAMILY-TIME-KIDS-
IN-THE-KITCHEN](https://www.mamabearbritt.com/activities/2018/11/14/family-time-kids-in-the-kitchen)

ACTIVITY INSTRUCTIONS:

HUSKING CORN:

Ages 18 months and older

Works on: building strength in their fingers and arms, as well as hands-eye coordination.

Directions:

This can be a messy activity, so you may choose for your child to husk the corn outside. Have a paper bag set up next to them for the husks, and a bowl for them to put the prepped corn into. You may need to loosen some of the husks for a younger child, as they can be rather tight. While they are pulling the husks off, you can count how many leaves cover the corn, you can talk about the plant they grow on, how they called corn on the cob and the different ways people eat corn.

Once the corns are prepped, they can wash off the corn to finish the full prep work. Now that the corn is fully ready, you can finish on with your favorite way to cook them.



<https://intentionalfamilylife.com/6-bonus-tricks-to-get-kids-eating-fruits-vegetables/>

6 Bonus Tricks to Get Kids Eating Fruits & Vegetables

Get Kids Eating Fruits and Vegetables With the Power to Choose

I highly recommend taking your children grocery shopping with you. Just bite the bullet and add in the extra 30 -45 minutes you know it will take. They are terrific in the grocery store if they have a job. Teach colors – send them to find all the yellow fruits and vegetables... Counting, ask them to pick 6 apples, etc. Once you have them in the game, ask them to pick one fruit or vegetable that they would like to try. You'll be surprised at how giving them some power over what they eat can help get them to try something new.

Gardening to Get Kids Eating Fruits and Vegetables

Children love to experience and learn new things. Gardening is such a wonderful experience for kids in so many ways. But for our purposes here today – being involved in the “creation” of their own food automatically makes children more willing to try new things. They were part of the process, so it becomes something more akin to the final victory in their long-standing project.

Get Kids Eating Fruits and Vegetables by Varying Texture and Temperature

Children are much more sensitive to textures and temperatures than we are. There are so many ways to vary the texture and/or temperature of vegetables. Carrots can be raw, cut in rounds, sticks, or ovals; served cold with or without dips such as black bean dip or hummus. Carrots can be cooked, steamed or roasted; you could puree them; you could make soup; you could use the puree as a pasta sauce or other sauce or dip of its own. When you are consistently trying often, these variations may help you find the sweet spot.

Get Kids Eating Fruits and Vegetables With Variety

Variety helps the entire process! The more variety in fruits and vegetables that you can offer, the more entries you have in the fruit and vegetable lottery and the more chances to win! If you get a win, then that’s something you can now keep as a regular “go to” veggie. The downside to this is either: a) you’re going to have some wasted food or lots of leftovers that the kids won’t eat; or b) you need to resign yourself that your meals for the next year or so consist of whatever is left on your kids’ plates.

Get Kids Eating Fruits and Vegetables By Trying Often

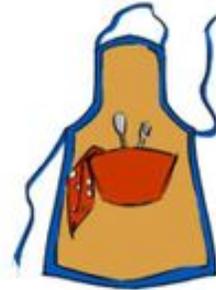
Always offer children at least one fruit and vegetable at every meal. I always make sure that there is at least one thing on their plate that I know they like. And then try something new whenever you want to. It may take up to 15 exposures to a new taste to get children to like the taste. Repetition is key. Just keep at it.



Kitchen Safety Rules



- Always wash your hands before and after handling food.
- Tie back long hair.
- Wear an apron and roll up your sleeves.
- Keep food preparation surfaces clean.
- Wash fruit and vegetables under cold water before use.



- Always ask an adult before handling knives or going near hot things.



- Handle knives and other sharp equipment with care.
- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



- Turn handles of saucepans away from the front of the stove when cooking.
- Use oven mitts when taking hot dishes from the oven or microwave.



- Do not run around the room where food is being prepared.
- Wipe up food spills immediately.

- Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.
- Wash kitchen and eating utensils after use in hot soapy water.



STRESS

A Strategy a Day Will Keep the Doctor Away!

Here are some daily strategies to reduce stress. You will be surprised by how effective even the smallest change can be!

Create a Consistent Routine

- Daily exercise: Any physical activity that you find enjoyable.
- Add soothing music to your daily commute.

Practice Effective Communication

- State feelings in a clear way. FOR EXAMPLE: "I feel angry when you yell at me."
- Offer factual descriptions of what upsets you, rather than labels or judgments.

Establish "Me Time"

- Create time to maintain hobbies.
- Have a spa night at home.
- Reward yourself for a job well done.

Practice Specific Stress Reduction Techniques

- Learn relaxation techniques, such as deep breathing, muscle relaxation, and meditation.
- Introduce positive statements into your day and in reaction to negative or unhelpful thoughts. FOR EXAMPLE: "I always try my best." Or, instead of, "I need to be perfect, or I fail," say: "I did a great job learning this new curriculum."

CENTER FOR EARLY CHILDHOOD MENTAL HEALTH CONSULTATION
Georgetown University Center for Child and Human Development

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PUPPY PALS

Patas de Cachorro



BEND DOWN

Inclinate

VO GEE VHAU BONE,

para agarrar ese hueso,

STRECH YOUR BACK

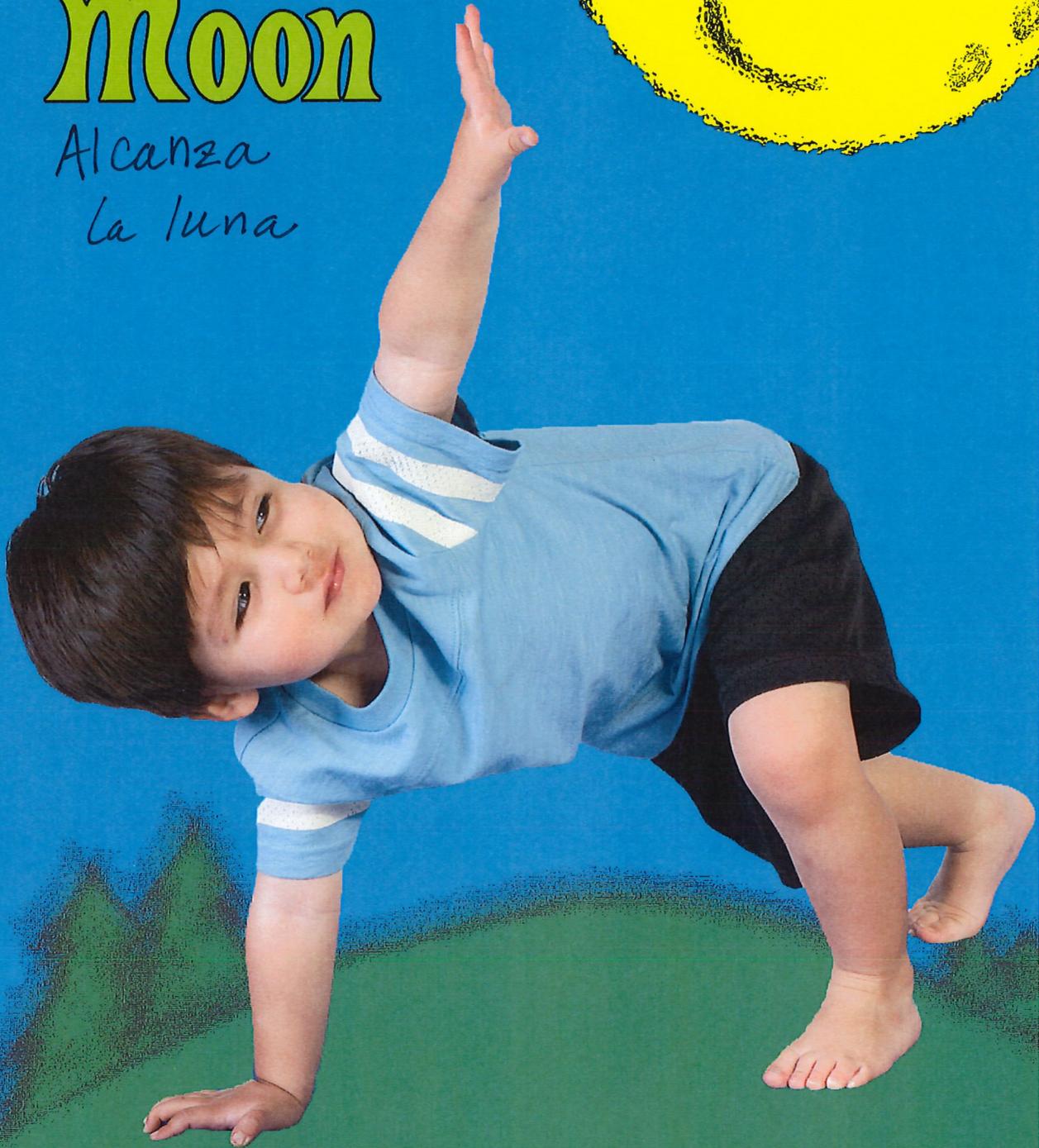
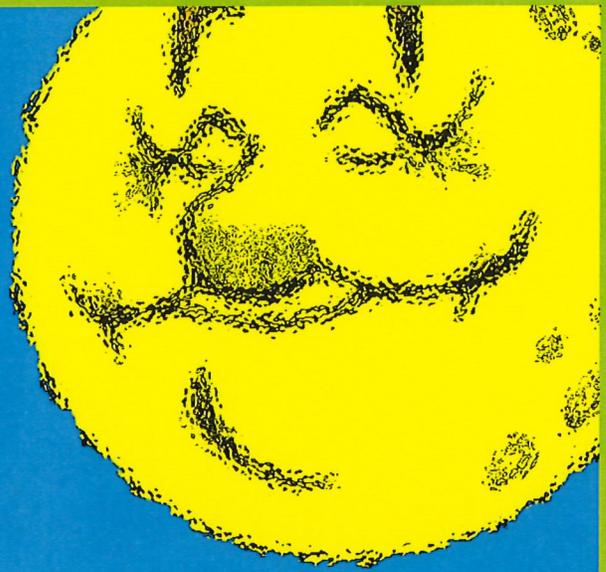
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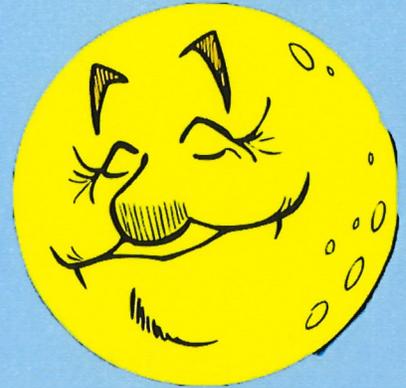
IN VHS PUPPY POSE

en esta pose de cachorro.

Reach FOR THE Moon

*Alcanza
la luna*





One FOOT FORWARD

un pie al frente

One FOOT BACK

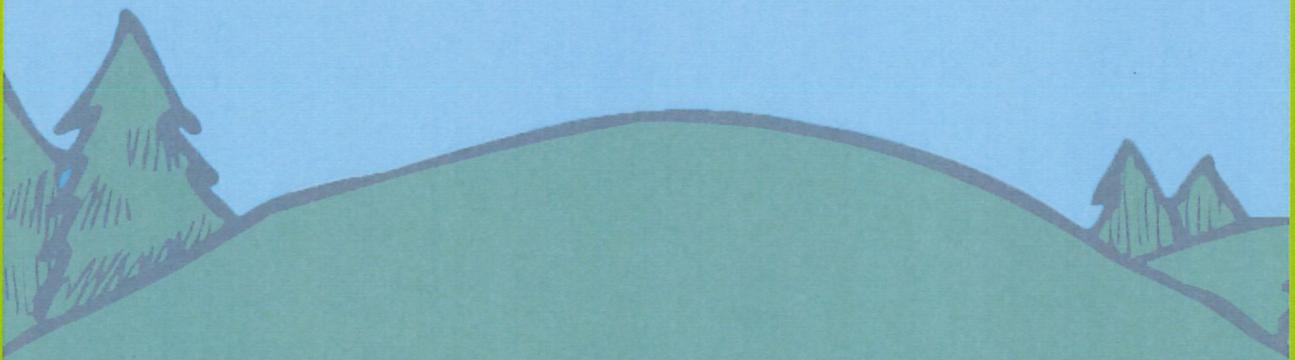
un pie atrás

One HAND DOWN

una mano abajo

STRETCH AROUND

y estirate.





FDA Warning About the Dangers of Hand Sanitizers with Methanol

The Food and Drug Administration (FDA) has issued a warning to consumers and healthcare providers about hand sanitizer products that are labeled as containing ethanol, also known as ethyl alcohol, but have tested positive for methanol contamination. Methanol (i.e., methyl alcohol or wood alcohol) is a substance that can be toxic when absorbed through the skin or ingested, and can be life-threatening when ingested. As per the [FDA news update](#), “Methanol is not an acceptable active ingredient for hand sanitizers and must not be used due to its toxic effects. FDA's investigation of methanol in certain hand sanitizers is ongoing. The agency will provide additional information as it becomes available.”

FDA has identified more than two dozen hand sanitizers that are toxic when absorbed through the skin. It is urgent that this information be shared with program staff and families, and others who can disseminate this information.

Consumers who have been exposed to a hand sanitizer containing methanol and are experiencing symptoms should seek immediate treatment for the potential toxic effects of methanol poisoning. Substantial methanol exposure can result in:

- Nausea
- Vomiting
- Headaches
- Blurred vision
- Permanent blindness
- Seizures

Although people of all ages are at risk for methanol poisoning, “young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (i.e., ethanol) substitute are most at risk.”

Please see the full FDA news update on hand sanitizers with methanol for further information: <https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol>