

How to Get Kids Involved

Involving children in meal planning and cooking at a young age is a great way to instill a love for delicious, homemade food! Here are some ideas on how to include kids of all ages in the kitchen. Remember to choose age appropriate jobs and keep safety in mind at all times.



| | AGES 2-5 | AGES 6-10 | AGES 11-18 |
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| MEAL PLANNING | <ul style="list-style-type: none"> Color coordinate fruits and vegetables. Circle foods they would like in the store advertisements. Choose one meal they would like. | <ul style="list-style-type: none"> Help make a list of meals they like. Look at USDA's MyPlate diagram and come up with one meal following the diagram. Choose fruits and vegetables to put on the side of the main courses. | <ul style="list-style-type: none"> Look up three new recipes on social media. Create a 3-day menu using USDA's MyPlate as a reference for a complete meal. |
| GROCERY SHOPPING | <ul style="list-style-type: none"> Point out fruits and vegetables from the grocery list. Choose a new fruit or vegetable to try. | <ul style="list-style-type: none"> Read the list to a parent and cross the items off as they are put in the cart. Choose a new fruit or vegetable to try. | <ul style="list-style-type: none"> Take a portion of the list and retrieve those items. If old enough to drive, do a small grocery trip on their own. Keep track of the money saved each week. |
| COOKING | <ul style="list-style-type: none"> Pour premeasured items into a bowl to mix up. Tear up lettuce for a salad. Rinse off fruits and vegetables. | <ul style="list-style-type: none"> Measure ingredients and put them together with parent's help. Toss a salad. Knead dough. Put sandwiches together. | <ul style="list-style-type: none"> Run the show as head chef! Put together a full meal and recruit family members to help as needed. |

