"Often times I have a difficult time getting my kids to try new things outside of the realm of chicken tenders, and mac and cheese. I find that having them involved in the process of cooking dinner gives them buy-in, or a sense of ownership. I find that by letting them help, their willingness to try something new is exponentially higher!" -Chef Anthony Hamilton

Get Them Interested
"Have them read recipes with you and make shopping lists for the grocery store. They can also learn about new and interesting cultures by selecting recipes that are from around the globe."

-Chef Andrew Eith

Keep Them Safe
- Teach the importance of washing your hands.
- Clean as you go so foods are not cross-contaminated.
- Clarify the dangers of raw ingredients.
- Explain how to safely use a knife. Start with plastic.
- Explain the dangers of hot surfaces and how to properly use them.

Get Them Involved
"Have your kids do the mixing, kneading and other hands on tasks. They can also pour/place ingredients into the pot or pan as you’re cooking. Use this time to explain what is happening to the ingredients when you apply heat."

-Chef Andrew Eith

For more tips and recipes
superhealthykids.com
nutrition.gov/topics/audience/children/kids-kitchen
cookingwithkids.org

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