

# PROGRAMMING IDEAS

6

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## COOKING WITH KIDS

Kids love to help in the kitchen. They have so much fun, plus they are learning at the same time. Here are some great tips when cooking with kids, and some easy recipes for you to try.

### Why Cook with Kids?

Kids who cook, have fun and learn at the same time. They learn about:

- Sharing & teamwork
- Counting, measuring and following instructions
- Tasting, touching, smelling, hearing and seeing different foods
- Different foods, including healthy foods
- Builds their self Esteem
- Family time and bonding
- Life skills
- Planning and making choices
- Cooking helps with fine motor skills
- Safety Awareness

Children are more likely to eat what they make.

Children will feel important as they have contributed to a family meal

Taking the time to cook with children they will have memories that they in turn can pass onto their children (just remember to have patience, and don't worry about flour on the floor or spilled milk, just have fun).



**Always watch your kids in the kitchen!**

## TRY THESE EASY RECIPES

They are great fun for kids, and great to eat!  
Yum!

### You need:

2 Teaspoons  
melted butter  
1 cup self raising  
flour  
2 teaspoons sugar  
1 egg  
1/2 cup of milk



### You do:

Put all the ingredients  
in a bowl, and mix  
until there are no  
lumps.

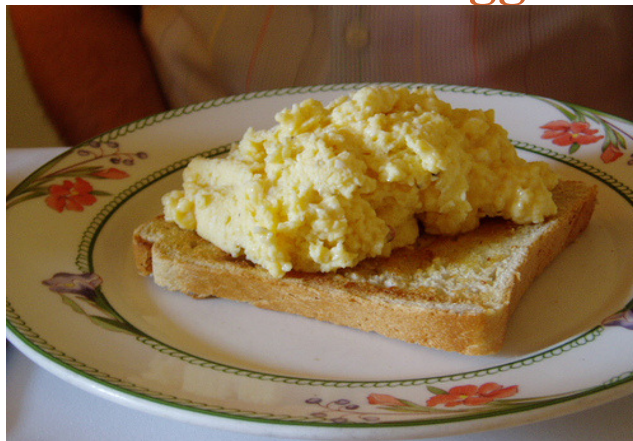
Put a spoon full of the  
mixture in a hot pan  
and cook until it is  
brown.

Yum!

### You need:

3 Eggs  
Dash of milk  
Bread

### Scrambled Eggs



### You do:

Mix up the eggs and  
milk.

Put the eggs in a hot  
pan.

Keep mixing so they  
don't stick.

Serve them on toast

### You need:

Cheese  
Bread

### Cheesy Toast



### You do:

Put cheese on top of  
bread.

Put it in the oven until  
the cheese is all  
melted.

Yum!

**ALLERGY-**

**FREE**

# BREAKFAST RECIPE

## No Egg, No Milk, No Nuts Oatmeal Breakfast Bars

### Ingredients

2 cups uncooked rolled oats  
1 1/2 cups oat flour  
1 cup (packed) currants, raisins, or other dried fruit  
1/4 cup white or brown sugar  
1/2 tsp cinnamon  
1/2 tsp salt  
1/2 cup vegetable oil  
1/4 cup sesame seeds or small nut Pieces (optional)  
1 cup apple juice



**Instructions** If fruit pieces are hard, set them in a bit of hot water to moisten.

Preheat oven to 375 degrees F. Grease a 9x13" pan, or two 8x8" pans. Combine all ingredients in bowl and mix well. The mixture should be moist enough to form a ball, without extra liquid.

Put mixture in prepared pan(s) and spread evenly. Bake for 30 minutes.

Remove from oven and cut into squares while still hot. Wait until the bars cool before trying to remove them from the pan.

### Substitutions

Variations:

Replace apple juice with either:

- orange juice
- a mixture of 1/4 cup molasses and 3/4 cup water
- 1/4 cup molasses and enough water to make one cup.

If you want to increase the molasses a bit, you can omit the sugar in the recipe.

Use dairy, egg, soy, corn, wheat, sesame and/or nut free ingredients and variations as needed. If avoiding wheat, be sure to use oats that are not cross contaminated with wheat.



# TIPS

## Safe Kids!

Being in the kitchen can be dangerous.

Always watch your kids when they are especially near ovens, stoves and sharp knives.

Clean up anything on the floor, especially water, so kids can't slip over.

## Messy Kids!

Kids can make lots of mess in the kitchen, but that's ok! Give them instructions to put things in the bin, to put things away, and to wipe down the benches and tables with a cloth.

Show them how to do the dishes, let them have a go of washing up some of the plastic ware.

## Clean Kids!

It is really important that kids wash their hands before they touch food. This stops spreading germs that could make people sick. Other things to remember:

- Always wash your hands!
- Always use clean plates, bowls and cups.
- Clean up spills and make sure all food is stored in containers, in the fridge.
- Make sure food scraps and other rubbish is put in the bin.

**Cooking can be a very positive to children**

**Always watch your kids in the kitchen!**

