



The Super Crew® Guide to Cooking with Kids

Cooking with kids can be fun if the tasks are age-appropriate!

It is never too soon to teach your kids about healthy eating. Kids LOVE getting attention, so cooking together is a great way to spend time bonding! Kids can start cooking as young as 2 years old. Cooking is a life-long skill that presents many teaching opportunities, like following directions, measuring, practicing cleanliness and having fun tasting healthful new foods that reduce cancer risk. Follow the age appropriate tasks below and give your kids a practical skill that they will use for the rest of their lives.

Your 2-3 year-olds can help:

- Select which ingredients they want to taste or use
- Sort ingredients
- Rinse vegetables or fruits
- Tear large pieces of lettuce
- Stir
- Pour with assistance
- Add ingredients into mixing bowl
- Group utensils when setting the table



Your 4-6 year olds can help:

- Start to read recipes
- Count and do simple measurements
- Cut with a plastic or butter knife
- Cut herbs with kitchen shears
- Crack eggs
- Mix
- Pour
- Set the table
- Create recipe cards for recipe rolodex
- Push the start and stop button on food processor or blender

Your 7-12 year olds can help:

- Select which recipes the family will share at mealtimes
- Create their own recipes
- Find and gather ingredients
- Read and follow recipes
- Help create your shopping list
- Cut with a small sharper knife (supervised)
- Use zester, graters and peelers (supervised)
- Work with a heated source (with instructions)
- Help wash dishes

Benefits of Cooking with Your Kids:

- Bonding experience
- Creates opportunity to discuss the senses (taste, sight, smell, touch)
- Boosts self-esteem by accomplishing tasks that contribute to the whole family
- Teaches children life skills and food safety practices
- Uses basic math skills
- Allows scientific observation when foods change form
- Promotes practicing how to follow directions
- Provides opportunity to discuss how healthy foods create a healthy body
- Encourages creativity
- Can improve cultural awareness

"I have fun cooking my favorite foods with my family!"

-Andy





Safe Cooking Tips with the Super Crew® Kids

Each year 3,000 people die from foodborne illnesses and 48 million get sick. Do not let your family become a victim of foodborne illnesses! Act now and protect your family from foodborne illnesses by following these simple safe cooking tips.

"You can follow these tips just like the Super Crew."

-Jessie



Wash, wash and again wash your hands with soap and warm water for at least 20 seconds:

- before preparing food
- after touching your face, hair or cloths
- after coughing, sneezing or using the restroom



Clean the area before you start cooking even if it looks clean!

"Virus and germs can't be seen to the human eye"

-Kira

- Clean the area with warm soapy water to STOP contamination and not spread it.

Keep your hot foods HOT and cold foods COLD!

- Always refrigerate leftover foods within 2 hours.
- Make sure to use shallow containers to reduce the internal temperature of foods as fast as possible.

Always cook eggs until the yolk and the white are cooked thoroughly.

- Cooking eggs thoroughly will kill harmful bacteria. (Just because you have eaten runny eggs in the past and never got sick does not ensure you won't get sick next time!)



Marcus says, "STOP germs in your kitchen!"

"If you have two different color cutting boards, one for animal foods and another for plant foods, it's easier to stop cross-contamination."

-Marcus

- Use separate cutting boards for meats, poultry and fresh produce.
- Wash your cutting board with soap and warm water BEFORE you use it for other products.

Never defrost foods on the counter or in a sink full of water.

- When defrosting meat products, defrost them at the bottom of the refrigerator, under cold running water or in the microwave.

Make sure your refrigerator temperature is BELOW 40° F at all times!

- It is the correct temperature that protects your food, NOT the refrigerator.

"It's plain science, if you don't practice food safety, you'll eventually end up sick!"

-Penny



Visit www.superkidsnutrition.com for more fun activities with the Super Crew.