



## SUMMER COOKING WITH CHILDREN

Children love to cook! Cooking offers real opportunities for social, emotional, intellectual, and physical development. It invites children to experience math, social studies, science, creativity, and new language.

What can different age children do?

- **Infants** – As long as the items are safe (be careful for allergies and new foods) allow children to explore the fruit in its true form. Allow them to use their hands to feel it and mash it.
- **Toddlers** – Allow the children to touch, smell and taste. Provide safe items for them to mash the fruit with before it is blended. Allow them to help measure and pour.
- **Preschoolers** - Children can be involved in a cooking activity from start to finish, provide recipe with pictures and measuring spoons.

**Choosing a recipe -**

- 1) Can the children fully assist in preparing the recipe?
- 2) Does the process involve hands on manipulation of materials and ingredients?
- 3) **Can children safely do most of the steps by themselves?**

Then....

- 4) Think about whether or not the ingredients are hard to find and inexpensive. **ALWAYS KEEP ALLERGIES IN MIND!!!**
- 5) Are they nutritious?
- 6) Is it too spicy?
- 7) Do you have the necessary appliances?

### Watermelon Smoothies

Ingredients -

- \* 2 cups strawberries
- \* 1 cup chopped watermelon
- \* 1 cup low-fat plain yogurt
- \* 2 teaspoons honey (optional)
- \* Squeeze of lime juice



#### Step 1

Give children strawberries and watermelon to either cut up or scoop. Allow children to smell, taste and describe the fruit.

#### Step 2

Place fresh fruit (not touched by children) and all other ingredients in blender and blend. Discuss whether the blender will "chop, pulse, mix, puree."

#### Step 3

Enjoy

## 5 Minute Ice Cream

- 1gallon Ziploc bag
- 1quart Ziploc bag
- 1cup milk
- 1tablespoon sugar
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{3}$ cup salt
- Ice cubes



1. Pour the milk, sugar and vanilla into the smaller, quart-sized bag.
2. Fill the larger, gallon-sized bag 3/4 full of ice, and then add the salt to the ice.
3. Place the smaller bag inside the larger bag and close the seal. Make sure you close both bags tightly!
4. Now shake the bag good and hard for 5 minutes.
5. Rinse the small bag off with cold water before opening to keep the salt water from getting into your ice cream.

## Rainbow Toast

### Step 1

Mix food coloring with milk to make different colors.



### Step 2

Provide new, clean paintbrushes for children to paint their toast. Talk about what happens when the colors mix or when you use too much paint.

### Step 3

Pop the bread into a toaster and toast.

### Step 4

Allow children to spread their favorite spread and eat. Now they made a rainbow of their own.