HEALTHY DUKE

Food Matters

Today's Presenters:
Lauren Kruse, MPH RD
Annie Scott, MPH RD
LIVE FOR LIFE at Duke

COOKING WITH KIDS: TIPS, RECIPES AND RESOURCES

Wednesday, April 22, 2020 @2pm

HEALTHY DUKE Food Matters

The new world of social distancing has changed our relationships with food and led to new challenges for Healthy Eating.

Join us for a quick and interactive Zoom session with Duke dietitians as we share ideas, information and discussion.

Up next on Food Matters:

Wednesday, April 29 @ 2pm – Quick Easy Meals with Pantry Staples

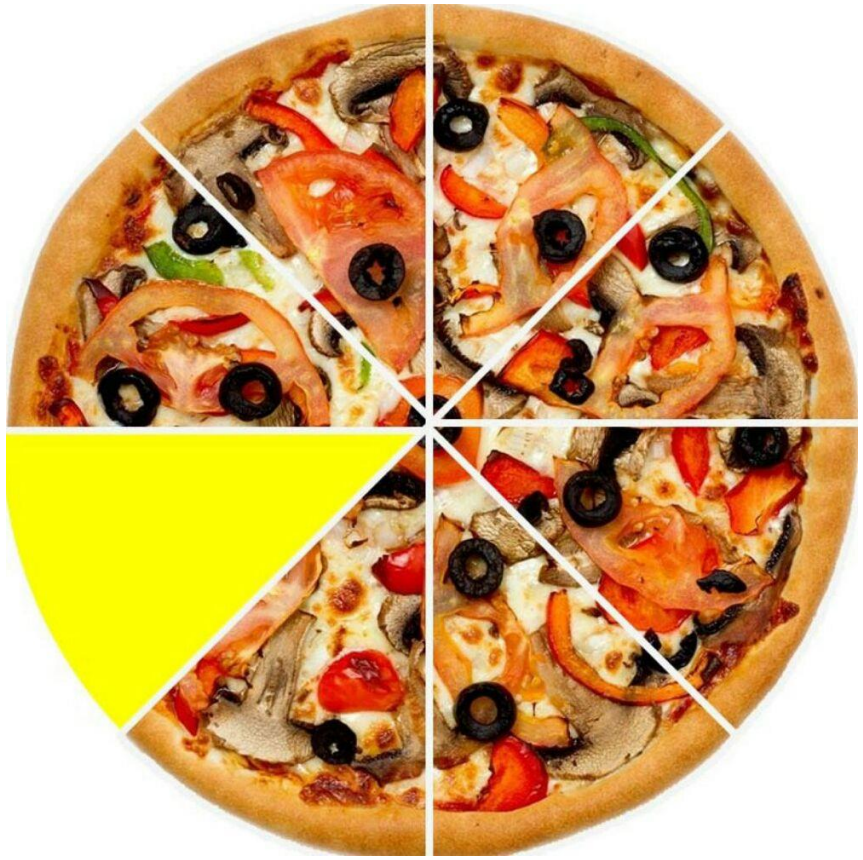
Stay Tuned for May Topics!

THE PERFECT PLACE TO LEARN

- Measuring
- Fractions
- Label Reading
- Food Origins
- Basic Cooking Skills
- Food Safety
- Healthy Choices
- Science/Chemical Reactions

POLLING QUESTION:

HOW MUCH PIZZA IS LEFT?



a) 3/4
b) 1/2
c) 7/8
d) 1/8

POLLING QUESTION:

HOW MANY ½ TSP SCOOPS WILL EQUAL 1½ TSP?

a) 1
b) 2
c) 3
d) 1 ½

MAKE THE KITCHEN A CLASSROOM

- **Resources:**
  - https://www.theartkitblog.com/orange-volcanoes-fun-science-experiment-kids-using-simple-ingredients/
  - https://littlebinsforlittlehands.com/4-mini-easiest-kitchen-science-activity-trays/
  - https://www.tasteofhome.com/collection/kitchen-science-experiments/

- **Math:**
  - A recipe calls for ¾ cup but you only have ¼ cup, ½ cup and 1 cup measuring cups
  - Recipe makes 4 servings but you want to double or halve the recipe

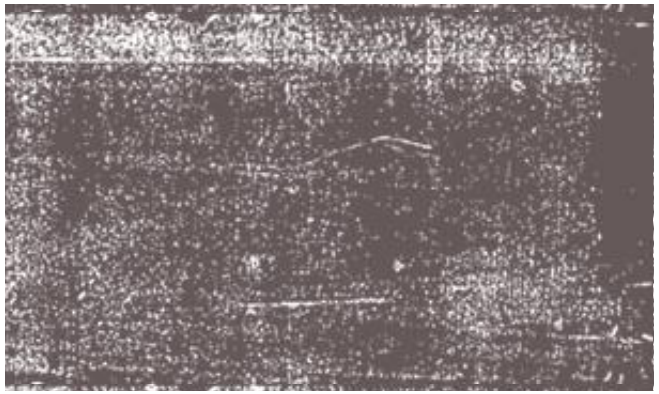
- **Science**:
  - Taste Test – Sweet, Sour, Salty, Bitter
  - Acid + Base – Orange Volcano (Orange, Baking Soda, Vinegar)
  - Oil & Water Density – Homemade Lava Lamp Bottle

AGE-APPROPRIATE TASKS

Now is the time to teach good technique and kitchen safety!

- **Preschool to elementary** *(major adult supervision)*
  - Stirring and mixing
  - Adding ingredients
  - Adding toppings (i.e. putting cheese on pizza)
  - Mashing avocado or bananas

- **Younger Elementary** *(major adult supervision)*
  - Measuring ingredients
  - Chopping with knife
  - Flipping pancakes
  - Stirring items on stove
  - Cracking eggs
  - Peeling and grating



AGE-APPROPRIATE TASKS

- **Older Elementary** *(adult supervision)*
  - Slicing and chopping with knife
  - Cooking items on stove (i.e. pancakes, scrambled eggs)
  - Reading and following a recipe

- **Middle school age and up**
  - Cook independently
  - Follow recipes
  - Use an oven

VIDEO:
COOKING SKILLS DEMO

GET KIDS COOKING

- Guacamole
- Oatmeal Pancakes
- Peanut Butter & Banana Pockets
- Mini Pizzas
- Fruit Smoothies
- Fruit Popsicles
- Fruit & Cheese Kabobs
- Homemade Granola
- Dips (Bean, Veggie or Fruit Yogurt)
- Bean Quesadilla

Make it Fun!!

Bite Sized

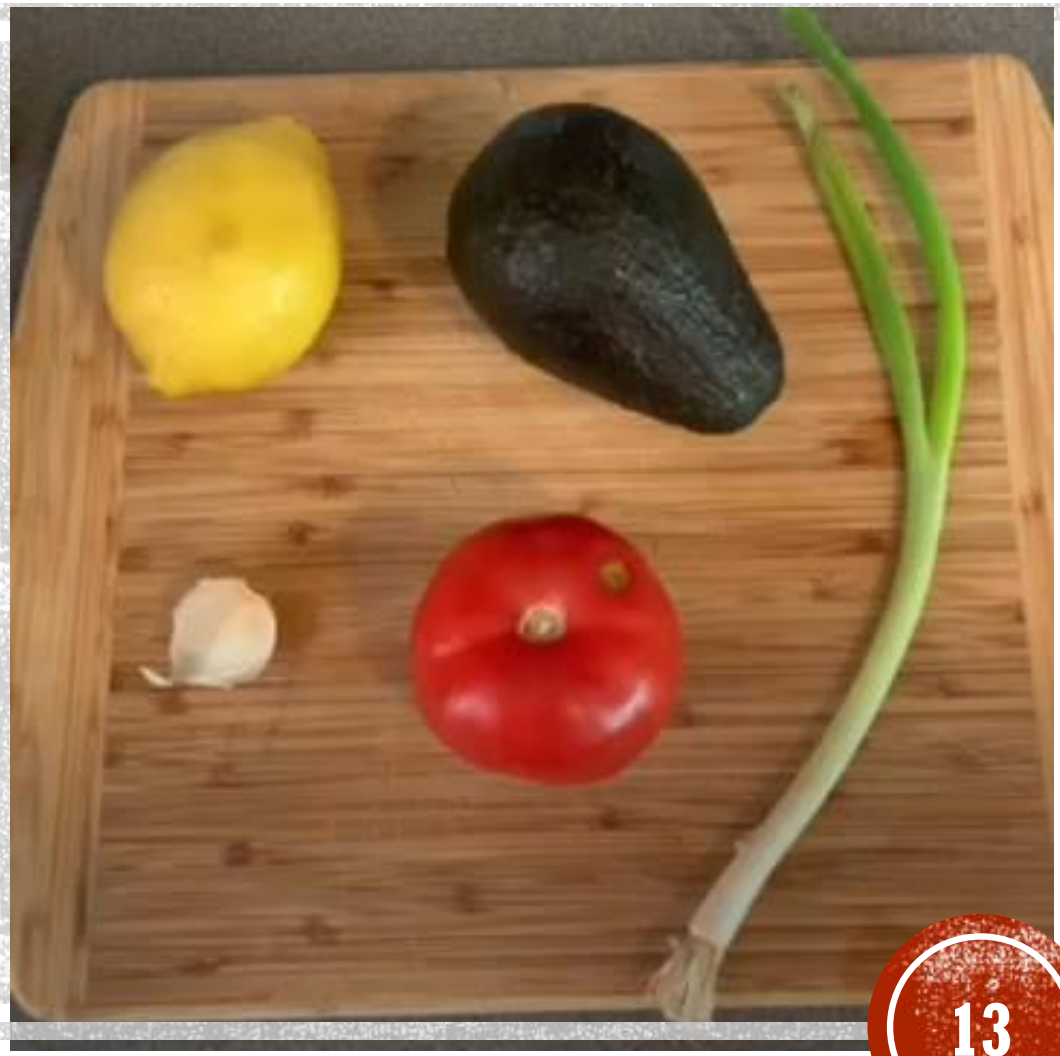
Colorful

Finger Foods

YOUR TURN:
WHAT IS YOUR FAVORITE THING TO COOK WITH KIDS?

Share in the chat box!

VIDEO: HOW TO MAKE GUACAMOLE WITH KIDS



RESOURCES FOR COOKING WITH KIDS

THE FUN COOKING MAGAZINE FOR FAMILIES

Award-winning magazine filled with delicious recipes, essential how-tos, STEM activities, fun food facts, interactive games, and more.

CHOP CHOP COOKING MAGAZINE FOR FAMILIES

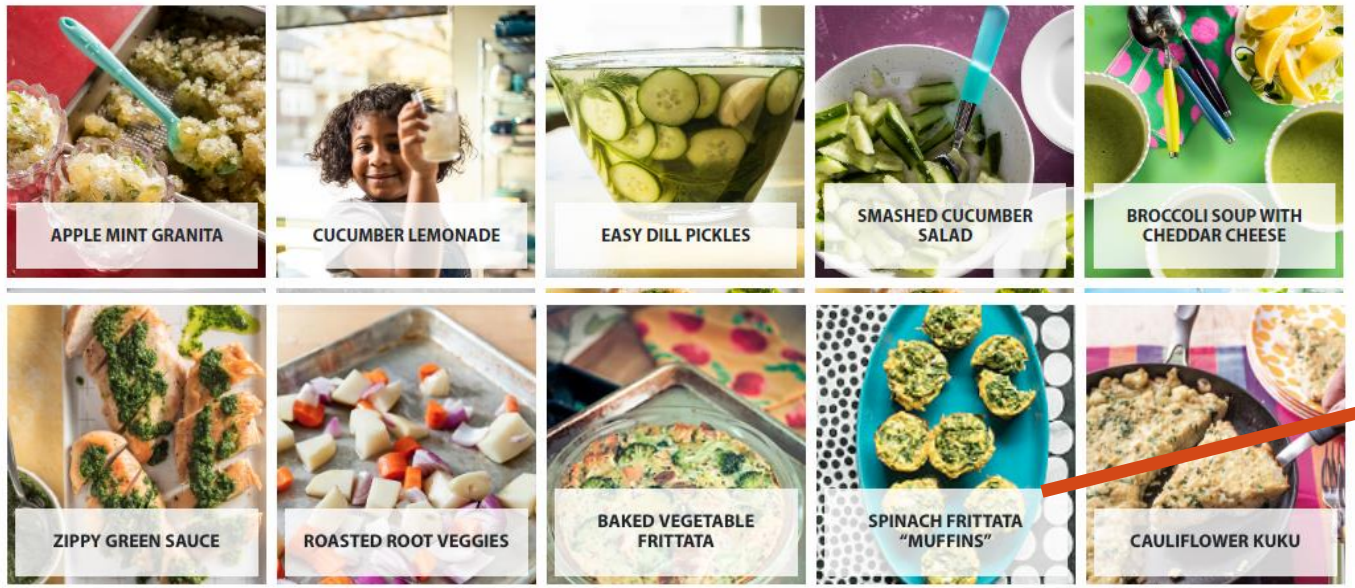
- https://www.chopchopfamily.org/
- Family-friendly recipes
- Cooking tips
- Quarterly Magazine
  - Recipes and games
  - Subscription information HERE
- Free ChopChop cooking club
  - Encourages families to cook dinner together
  - Complete challenges and learn new kitchen skills

CHOP CHOP FAMILY

RECIPES

Search recipes...

ALL | BREAKFAST | LUNCH | DINNER | DESSERT | SNACKS | ENGLISH | SPANISH



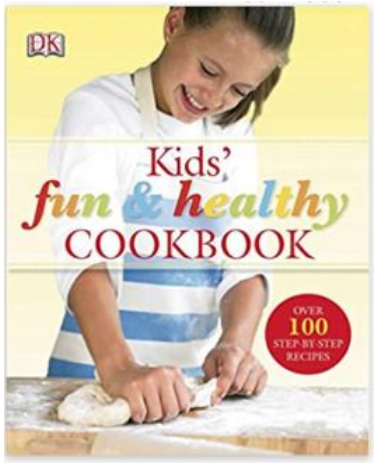
OTHER RESOURCES

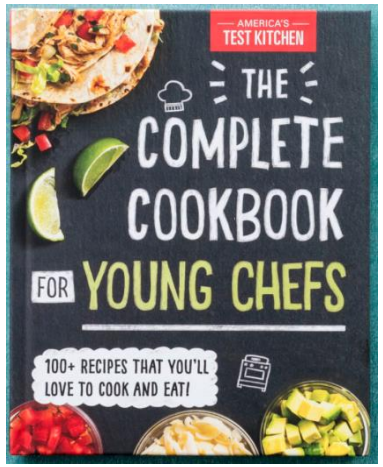
Online

- Cooking Light Magazine: 5 Recipes for Helping your Kids Learn to Cook
- PBS: https://www.pbs.org/food/theme/cooking-with-kids/
- New York Times: 53 Recipes to Cook with Your Kids

Cookbooks

- List of Best Selling Cookbooks for Kids
- Healthy Cookbooks for kids





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THANK YOU

We would love to hear from you!

Contact Us:
Lauren.Kruse@duke.edu
Suzanne.Scott@duke.edu

https://hr.duke.edu/wellness/nutrition-programs www.healthy.duke.edu