



NC SEEDLING

Get Cookin'

Cooking with children can be messy but there are benefits. Besides being a fun activity you can share with your child, cooking can boost math, language, health, social, and motor skills. Below are some tips to foster a successful cooking experience.

- Use simple recipes, determine which steps your child can do, and prepare the rest ahead of time
- Think of steps that don't require heat (sprinkle cheese on pizza, add blueberries to the salad)
- Review kitchen rules and safety: wash hands, wait until food is cooked before tasting, reminders that stoves, ovens, pans, etc., can be hot
- Set out all supplies and ingredients
- Use unbreakable bowls, measuring cups, etc.
- Use plastic or butter knives for cutting
- Have child sit/stand at the level of the activity
- Provide simple directions one at a time

- Expect spills and messes
- Provide constant supervision
- Have your child help with clean up
- Enjoy the results

What Can Children Do? 2-year-olds

- Dip foods
- Tear bread
- Break cauliflower
- Wash and tear lettuce
- Scrub fruits & veggies
- Snap green beans & asparagus stalks
- Carry unbreakable items

3-year-olds

- Pour liquids
- Mix batters
- Knead dough
- Wrap baking potatoes in foil
- Shake liquids in sealed containers
- Spread soft butters & spreads
- Put items in trash

4- and 5-year-olds

- Juice oranges, lemons, limes
- Crack eggs
- Press cookie cutters

- Peel some fruits & veggies
- Mash soft fruits & veggies
- Cut soft foods with plastic knife
- Measure dry ingredients
- Beat eggs with egg beater
- Form round dough balls
- Wipe up after cooking

Children don't need to be involved in every step, but allowing them to help with one to two can create a sense of accomplishment and ownership. This can increase confidence and help encourage picky eaters to try new foods.

Adapted from:
<https://www.uaex.edu/counties/randolph/docs/RR%20Cooking%20w%20Kids%20Handouts.pdf>

http://bkc-od-media.vhost.psu.edu/documents/HO_CookingTogether.pdf



Directions:

Stir together the cream cheese, brown sugar, and vanilla extract until the sugar has dissolved, and the mixture is smooth. Dip fruit or graham crackers and enjoy!

Adapted from:
<https://www.allrecipes.com/recipe/14978/apple-dip/>

Apple Dip

Ingredients:

- 1 (8 ounce) package cream cheese
- 1/2 cup brown sugar
- 1 tablespoon vanilla extract
- Apple and/or pear slices, graham crackers



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North Carolina
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UNC-CH,
Department of
Epidemiology

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www.NCSEED.org

NOTES

- NC has enrolled over 426 families
- All 6 states have enrolled 2690 families
- Due to COVID-19 enrollment has been suspended

