

COOKING Fact Sheet



Get children into the kitchen

1

BUILD PRACTICAL SKILLS AND ENHANCE FINE MOTOR SKILLS

A child's confidence and sense of independence will be enhanced as they practice practical kitchen skills. Simple skills appropriate for children are mixing, measuring and spreading. Fine motor skills (small muscles moving hands and fingers) are also in use when practicing these skills; these skills are essential for cooking, feeding oneself and being creative. Furthermore, reading, comprehension and maths skills can be practiced by reading recipes!

4

ENHANCE DIETARY BEHAVIOURS

Exposure to new foods increases the child's willingness to try new foods; this is partly attributed to children being able to use their senses to explore foods.

2

QUALITY FAMILY TIME

Working together in the kitchen allows families to bond. In addition, siblings can strengthen their relationship by working together to create a meal and practice their communication skills.

3

BOOST CONFIDENCE

Confidence comes from completing a task and receiving positive feedback about one's work. Pride is also felt when a child can see their family enjoying the meal they have helped to prepare. Sometimes things don't go to plan, which is a great way for children to practice resilience.

5

PROMOTE GOOD HEALTH

The International Journal of Behavioural Nutrition and Physical Activity demonstrated that home cooked meals was increasingly associated with consumption of healthier diets.

Celebrate multicultural recipes

Australia's food culture has had negative impacts on food choices and behaviours, resulting in increased rates of poor quality diets and weight gain. Conversely, a lot of multicultural cuisines champion fresh foods. For example:

SRI LANKAN CUISINE

Foundational ingredients are rice, coconut and native fruits and vegetables.

PERSIAN

Typically feature meat or fish with vegetables, fresh herbs and spices.

This can mean multicultural cuisines promote better food choices and healthier eating habits. Plus, it can give people from diverse backgrounds a sense of belonging and acceptance when they see other people enjoying their traditional foods.

Research conducted within Victorian CALD communities found that one of the biggest barriers to healthy eating behaviours was a lack of time due to competing demands. Another big barrier was a lack of health literacy; specifically, participants reported that they didn't understand nutritional messages and they had a lack of understanding around local produce and how to use it. We want to address this through our storytime, by sharing recipes, explaining simple healthy eating messages and giving families resources for nutritious recipes.

Foods best used minimally

Minimise	Replace with...
Processed meats eg: ham, salami, sausage	Beans Tinned tuna
Pastries eg: croissants, pies	Wholegrains
Salty, high fat foods eg: chips	Rice cakes Corn thins
Sugary foods eg: Chocolate	Fruit Yogurt

Recipe modifications

Cooking oils made from plants or seeds contain monounsaturated fats (healthy fats).
Look for these oils: olive, canola, peanut, sunflower, soybean, sesame and safflower.



Recipe modifications



Use yogurt or apple puree as a substitute in some cake/muffin recipes.



Add, lemon, herbs or spices instead.
Opt for reduced salt condiments.



Instead use evaporated milk with coconut essence.
Evaporated milk is also a good substitute for regular cream.



Use filo with a gentle spray of olive oil or water, milk or another unsaturated fat in between the layers.

Find healthy recipes

Name	URL
No Money, No Time	https://nomoneynotime.com.au
Nutrition Australia	https://nutritionaustralia.org/category/recipes
Dietitians Australia	https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-recipes
BDA Website	https://bda.uk.com/food-health/lets-get-cooking/recipes.html
Single recipes	
Easy pasta dough	https://www.jamieoliver.com/features/homemade-pasta-guide-lunch-lady/
Aussie fruit flag	https://www.kidspot.com.au/kitchen/recipes/australian-fruit-flag-recipe/9cvdc6il?r=collection/cookingwithkids&c=rzo1hmt9/Cooking%20with%20kids
Funny pizza faces	https://www.taste.com.au/recipes/funny-face-pizzas/dc1e575c-b587-4c4c-9f28-a80b809dc1d8
Cheese and herb muffin in a mug	https://www.bbc.co.uk/food/recipes/cheese_and_herb_muffin_43619
Zucchini, carrot and feta slice	https://dietitiansaustralia.org.au/recipes/zucchini-carrot-and-feta-slice/
5-ingredient garlic hummus	https://therealfooddietitians.com/10-kid-friendly-recipes/
Lamb and vegetable samosas	https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/lamb-and-vegetable-samosas-2/
Bread in a bag	https://www.asda.com/good-living/recipe/bread-in-a-bag

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