

# Cooking Kit

## Key Messages



Focus questions: Does anyone cook food with their children at home?

- Why should we encourage children to cook at home? Children are more likely to try new foods, it promotes healthy eating throughout life and sets up life-long habits.
- Children are more likely to try new foods when they are exposed to them and can use their senses to explore the food. Try using different fruits when making fruit salad to increase exposure to new flavours and textures.
- Making their own food gives the child ownership; this increases their willingness to try new things.
- Getting children to help in the kitchen promotes their fine motor skills and helps them build confidence. Chopping is a one simple skill children can do in the kitchen.
- When cooking, swapping some ingredients can make the meal healthier.
- Butter can be replaced in some cake recipes with yoghurt or apple puree.
- If the recipe needs coconut milk/cream, could use evaporated milk and coconut essence instead
  - Home cooked meals and snacks promote healthier diets. People at home tend to eat less sugar and less processed foods. When children are involved they are more likely to carry these habits into adulthood