



## Cooking with Kids

Kids need to eat, learn and have fun. Fortunately, they can do all of that while cooking with you. Including your kids when cooking meals each day can be a great way to get them involved and make cooking fun!

Check out the tips and benefits to cooking with your kids below.

### BENEFITS & TIPS

- Help your kids learn the basics of cooking and show them the importance of cooking healthy meals at home
- Teach them simple cooking skills such as, spreading, measuring, etc. to help with fine motor skills and hand-eye coordination
- Create new family traditions such as; a new family member cooks or picks the recipe each night
- Helps strengthen relationships with parents or siblings when spending time together

