

How to Cook with Young Children

1. Decide on the **area of the kitchen** where you will be cooking.
2. Gather **stools or chairs** that will allow your child to stand or sit comfortably while working.
3. **Wash hands.**
4. Get out the **recipe** you will be using.
5. **Read the recipe** with your child. Explain that you will be following the steps in the recipe to prepare the food.
6. Set out:
 - the **equipment and supplies** that you will need (such as a mixer, blender, bowls, pans, measuring cups, knives, and spoons)
 - the **ingredients** that you will be using
7. **Have your child participate in cooking activities** (such as washing fruits and vegetables, adding ingredients, mixing ingredients, and kneading dough).
8. **Clean up** with your child.
9. **Eat** what you have prepared.