

## **COOKING WITH CHILDREN**

Parents that care about their children are always looking for new methods to teach, interact, and connect with them. Parents of younger children are looking for ways to encourage all-round learning in their kids, especially social and academic. Parents who have teenage children seek to maintain open lines of communication with their children while reinforcing ideals rooted in their family's traditions. These lofty goals are centered in the family kitchen! Cooking with your children, young and elderly, offers numerous advantages.

Involving the kids in the cooking process is something that necessitates more time, patience, and cleanup. Is it worthwhile to put in the effort? Child and family experts from a variety of educational areas agree with this.

### **WHAT MAKES COOKING IMPORTANT FOR CHILDREN?**



According to latest research, the knowledge of nutrition by itself is totally inadequate to teach youngsters regarding the actual necessity of eating nutritious foods. Several reports have it that it is more effective to have pupils learn nutrition in classes alongside practical handling of the food. In order to provide children with a comprehensive instructional process, practical learning projects are essential. All of touching, listening, seeing and tasting faculties are stimulated while preparing food, and they are critical to the learning process of a child. This multimodal interaction is responsible

for making events unforgettable.

Children are always more inclined to consume food they have prepared themselves. Children who engage in tactile experiences usually have less fear for foods and they are more open to trying a variety of foods, according to article in the journal of the Academy of Nutrition and Dietetics. When children are involved in cooking, they tend to develop an ownership mentality which changes how they see and relate with food. As studies have shown, children who participate in nutrition classes consume greater number of fruits and vegetables after they complete the course.

### **HOW DO YOU BEGIN TO COOK WITH YOUR CHILDREN?**

Having a lot of morning time is an essential asset for you if you have kids! However, if you do not have that luxury of time in the morning, then start engaging with your children in making breakfasts during the weekends or during school vacations.

Dinner should be shared on a frequently. Children will most likely be interested in eating a meal that they assisted in preparing. This can have a huge impact on family bonding especially in a period when children are overburdened with external requirement. When you engage your children participating in cooking activities, you are doing a great deal of teaching them to value family dinners.



Get your kids to participate in planning the different meals of the day and shopping for food items. Children will be more interested in mealtime and cooking time if they know that Wednesday nights are “Family Toad in the Hole Night”, or Fridays are “Mommy’s Favorite Fish and Chips.” Encouraging youngsters to participate in shopping for groceries is another approach to foster engagement at home.



Sharing food preparation with children may well be a never-ending blessing. It helps the children to understand something profound that is not new to grownups: in food there is nourishment, love, reassurance, and protection. There is nothing better that children can get from their parents as they move towards adulthood.