

What can my child do in the kitchen?

- 2 year olds**
- Rinse or scrub fruits & veggies
 - Tear lettuce or kale into pieces
 - Sprinkle cheese or cereal
 - Dip one food into another

- 3 year olds**
- Stir or mix foods together
 - Pour liquids
 - Wipe up the counter after cooking
 - Put things in the trash

- 4 and 5 year olds**
- Measure flour or rice
 - Cut soft foods with a plastic knife
 - Set the table
 - Crack an egg



Every child is different! Your child may be able to do these jobs before or after the stated ages.

PB Banana Bites

Makes 1 serving

Ingredients

- 4-6 whole grain crackers
- 1 tablespoon peanut butter
- ½ banana



Directions

1. Using a butter knife, spread a thin layer of peanut butter on each cracker.
2. Using the butter knife, cut the banana into slices.
3. Place 1 slice of banana on top of each cracker. Serve with a glass of low fat milk.

*Need to stay away from peanuts?
Try sunflower seed butter or
almond butter instead!*

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Kids in the Kitchen



Healthy Recipes & Cooking Tips for Families



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1-877-FOOD-URI

Welcome!

We hope you enjoy these kid-tested recipes. They are fun and healthy for the whole family!



Be sure to follow these tips to keep everyone safe and happy in the kitchen.

1. **Stay with your child** while in the kitchen.
2. **Always wash hands** before you begin.
3. **Only adults use sharp knives.**
4. **Be stove-smart.** Teach kids that pots and pans on the stove are hot. Keep pot handles turned toward the back.
5. **Roll up** long sleeves and tie back long hair.

Yogurt Parfait

Makes 1 large parfait (or 2 small ones)

Ingredients

- 1 cup low fat yogurt, plain or vanilla
- ½ cup fruit (berries, banana slices, or canned peaches are good!)
- ¼ cup whole grain cereal



Directions

1. In a small cup, spoon in half of the yogurt.
2. Layer half of the fruit in next.
3. Spoon in the rest of the yogurt, then the rest of the fruit.
4. Sprinkle with the cereal. Enjoy!

This recipe has healthy foods from 3 different MyPlate food groups!



Veggie Egg Bites

Makes 7 egg bites

Ingredients

- Vegetable oil
- 2 cups fresh or frozen* vegetables (try broccoli, peppers, zucchini, or cooked potatoes)
- 6 eggs
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ cup shredded cheddar cheese



Directions

1. Preheat the oven to 350°F. Rub a little bit of oil in the holes of a muffin pan.
2. If the vegetables are not already chopped, cut them into small pieces. Put the chopped vegetables in 7 holes of the muffin pan.
3. Crack the eggs into a large bowl and beat them with a whisk. Mix in the salt, pepper, garlic powder, and cheese.
4. Pour egg and cheese mixture to cover vegetables in the holes of the muffin pan. Place the pan in the oven. Bake 25 minutes. Take the pan out of the oven. Let cool before eating.



A perfect recipe for using up leftover cooked vegetables!