

Cook Together Tonight!

Looking for a fun family activity? Cook a meal together. Choose a day when the children are well rested and you aren't rushed to get supper on the table. Cooking is an important life skill and teaches children how to eat healthy now and in the future! By learning to cook, kids also learn:

1. **Reading:** Older children can read a recipe and make a list of what you need to buy. For younger children, read the recipe and have them cut out pictures of foods that you need to buy. Help them to learn new words they may find in the recipe.
2. **Math:** Younger kids can count, measure and work with fractions. Double your favourite recipe and help older kids practice their math skills.
3. **Science:** Guess what might happen when you cook or mix foods. Ask your child "what will happen to this when we put it in the oven"?
4. **Health:** Kids can learn how to make a healthy meal.
5. **Muscle Control:** Stirring, chopping, kneading and scooping help to develop strong muscles and motor skills.



Teach food safety along the way:

- **Clean** – wash hands, utensils and surfaces with hot soapy water before preparing food.
- **Separate** – to avoid cross-contamination, keep raw meat away from other foods.
- **Cook and Chill** – keep hot foods hot and cold foods cold.

Eating and cooking together can help everyone eat better. Enjoy spending time in the kitchen together!