

The **THREE E's** to Help Get Kids in the Kitchen

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ENLIST THEIR SUPPORT

Letting kids pick things out themselves and helping them be a part of the process, while still providing boundaries can initiate the cooperation and buy in needed to get them involved.

Easy recipes to start with: veggie egg cups, homemade pizza, smoothies



ENGAGE THEM IN THE PROCESS

Engaging with, touching, smelling, and tasting are all helpful steps towards eventually eating and enjoying new foods.

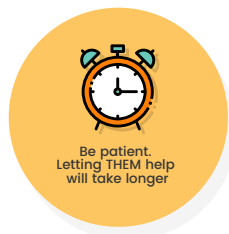
Easy tasks to start with: slicing hard boiled eggs, chopping soft foods with kid safe knives, placing smoothie ingredients in blender, whisking scrambled eggs, sprinkling on seasonings or even cracking eggs.



EMBRACE THE TIME AND MESS

Gaining cooking skills, trying new foods and making memories are all worth the extra time it takes and the mess that's made. A kitchen can always be cleaned.

Easy ways to make less of a mess: start with smaller portions, prepare some of the recipe or meal a head of time, make the clean up fun and a part of the process too!



WHAT THE RESEARCH SAYS ABOUT KIDS IN THE KITCHEN

HEALTHIER HABITS

Cooking is associated with healthy dietary behaviors.¹

MORE VEGETABLES EATEN

Involving children in meal prep can increase vegetable intake.²

INCREASED CONFIDENCE

Getting children in the kitchen can lead to confidence in cooking skills, desire to cook more meals at home, along with improved meal planning and prioritizing healthy choices.³

REFERENCES

1. Prescott, M.P., et al. BMC Nutr. 2019 5, 21.
2. Van der Horst K, et al. Appetite. 2014 Aug;79:18-24.
3. Miller A, et al. Appetite. 2016 Jun 1;101:163-70.



EGG NUTRITION CENTER



Veggie Egg Cups

SERVINGS: 12 MINI OR 6 REGULAR

COOK TIME: 15-30 MINUTES

PREP TIME: BE PATIENT



INGREDIENTS

- 3 eggs
- 2-4 Tbsp shredded cheese
- 1/2 cup chopped veggie of choice: tomatoes, bell peppers, mushrooms, onions, asparagus, broccoli, spinach (1 cup), etc

DIRECTIONS

Let your child do as much as they can and you as little as possible.

1. Wash all produce and preheat oven to 375°F
2. Chop, dice, slice or cut veggies into fun shapes.
3. Crack eggs into separate bowl and whisk.
4. Combine and stir cheese into eggs.
5. Place silicone cupcake liners into muffin tin or grease mini muffin tin.
6. Pour egg mixture into muffin tin, about $\frac{3}{4}$ full.
7. Have child place a small amount of chosen vegetable into each egg cup. Feel free to pick more than one vegetable and make a variety of different egg cups.
8. Place in the oven at 375°F for 20-30 minutes if using regular muffin tins or 12-14 minutes if using mini muffin tins. Let cool and enjoy. Refrigerate in an airtight container for up to three days or freeze for up to three months.

REMEMBER THE THREE E'S

ENLIST, ENGAGE AND EMBRACE!

- When cooking with kids, try not to be in a rush or have anything urgent to tend to. Take your time and anticipate the process taking longer than you think.
- "Can you pick out 1 or 2 veggies from the grocery store to put in our egg cups - your choice!"
- "These veggies look like they need a bath. Can you help me wash them up?"
- "Do you want to turn the peppers into stars or hearts?"
- "What does it sound like when you crack the egg."
- Let them do the sprinkling and stirring.
- There may be a few spills and egg shells you have to pick out, but it's worth them learning!
- "Do you want to play tic tac toe with our peppers flowers and broccoli trees?"
- While you wait for the eggs to bake, make clean up fun by playing music and making a game out of it: "Whoever puts the most dirty dishes in the sink wins!"



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