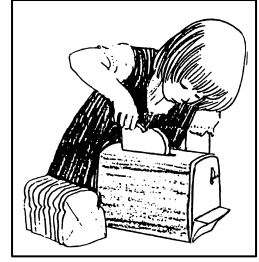




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# Kids in the Kitchen



Dear Parent,

Today your child learned how to prepare a snack. It is fun to help prepare a healthful snack. Be a good role model by preparing healthful foods and allowing your child to help. If you have questions, contact your local Extension office:



## You can help your child develop good eating habits.

- Set an example. Eat healthful foods and make mealtime enjoyable.
- Offer your child a variety of foods in a rainbow of colors.
- Start with small portions. Offer more food if they are still hungry.
- Try to have some sort of schedule for meals and snack times.
- Do not get upset if your child is a picky eater.
- Offer new foods and realize it may take offering the new food several times before the child will try it.



## *You and your child can have fun making this tasty breakfast parfait:*

**Fruity Breakfast Parfait** Serves 6  
2 cups crushed pineapple, drained  
1 cup chopped canned fruit, drained  
1 1/2 cups low fat vanilla yogurt

2 large bananas, peeled and sliced  
1/2 cup granola cereal

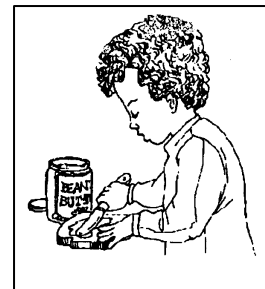
1. In 6 glasses or small bowls, layer pineapple, canned fruit, yogurt, banana, and granola. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 2 g ~ calories from fat 20 ~ sodium 55 mg  
~ total carbohydrate 39 g ~ fiber 5 g

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# Kitchen Activities

Have your preschooler help you in the kitchen. Children are more likely to eat the foods they help to plan and prepare.



Ask your child to do kitchen tasks they are capable of doing to keep them safe and build their self-esteem:

## At 2 years of age:

- ◆ Wipe tables
- ◆ Hand items to adult to put away (such as after grocery shopping)
- ◆ Place things in trash
- ◆ Tear lettuce or greens
- ◆ Help “read” a cookbook by turning the pages
- ◆ Make “faces” out of pieces of fruits and vegetables
- ◆ Rinse fruits and vegetables
- ◆ Snap green beans

## At 3 years:

*All that a 2 year old can do, plus:*

- ◆ Add ingredients
- ◆ Talk about cooking
- ◆ Scoop or mash potatoes
- ◆ Squeeze citrus fruits

## At 4 years:

*All that a 3 year old can do, plus:*

- ◆ Peel eggs and some fruits, such as oranges and bananas
- ◆ Set the table
- ◆ Help measure dry ingredients
- ◆ Help make sandwiches and tossed salads

## At 5 years:

*All that a 4 year old can do, plus:*

- ◆ Measure liquids
- ◆ Cut soft fruits with a dull knife
- ◆ Use an egg beater



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