

Kids and Cooking

October is National Cookbook Month and National Healthy Literacy Month. Grab your kids and head to the kitchen! It is never too early to teach your children about food and basic culinary skills! There are many great cookbooks for children out there. Find the one that works best for your child and get started. A child who feels connected to their food is more likely to give it a try—yes, even vegetables! Diversifying their palate also helps even the pickiest of kids to transform into adventurous eaters. Help your kiddo develop a positive relationship with foods, contributing to healthy habits for the years to come.

Don't know where to start? Here are some simple steps to get your child involved in the cooking process.

1. Ask your child what their favorite food is. Have your child help you find a recipe in the cookbook that they like. Even if the child hasn't learned to read yet, most books have fun pictures. Your child may even find a recipe they would rather make instead. Feel free to pick three or four recipes in advance. That way, you have something to look forward to making next time.
2. After you pick the recipe, it is time to go shopping for the ingredients. Grocery shopping is a learning experience for kids of all ages. Have your child physically pick out each item. It will help familiarize younger children with different fruits and vegetables. It will also teach older children how to balance the family food budget.
3. Once home, the REAL fun of cooking can begin! Depending on the child's age and skill set, they can be your "sous chef" for different cooking tasks. Don't worry, it isn't as daunting as it sounds. That being said, be patient with your kids. While there is a learning curve, it will teach life-long skills that your child will utilize through adulthood.
4. Check out the [Super Crew cookbook](#) and [Healthy Eating book](#). Before you know it, your child will love cooking and eating healthy, whole foods.

Parent Power Tips from the SuperKids Nutrition Founder

Here are some tips on promoting healthy eating behaviors:

- Pick your own apples! October is a wonderful time to hit your local orchard and grab apples straight from the tree. It's not only a fun activity for the entire family, but it also shows your little ones how apples are grown.
- Make your own apple sauce with fresh apples. It's an easy way to show your child how their favorite afternoon snack is made. Not to mention, homemade apple sauce is packed with healthy nutrients and skips any unwanted added sugars. Plus, this natural, healthy snack can be stored in an air-tight container in your refrigerator and ready to enjoy at a moment's notice! See our [apple recipes](#).
- Eat your fall foliage colors! The seasonal rendition of "eat the rainbow." Orange pumpkins. Yellow corn. Brown mushrooms. Red pomegranates. Purple figs. The possibilities are endless! But certain produce items may vary depending on your area of the country. Choose what's local to your region!
- Remember, if your child doesn't like a new fruit or vegetable the first time, don't lose hope! Most children have to be exposed to a new food a minimum of ten times! Also, don't be afraid to get creative and play with different food textures. If raw tomatoes are too "slimy," try making a tomato sauce or a salsa. While your child may never eat a raw tomato, they can still reap its nutritional benefits.



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