



Tips for cooking with kids



How to make meal time more fun for everybody

Cooking with your children is about spending time together, here are some great ideas to make meal time more memorable.

Choose a colors theme - make all food the same color

Choose a shape theme - make all food the same shape

Choose a letter theme - make all food that starts with the same letter

Choose a continent theme - make foods from around the world, or around the country

Talk about where the different foods that are in the meal came from

Plan an outdoor picnic

Let the kids decorate the kitchen table, I like to use paper tablecloths and have the kids color and draw on the table cloth for decoration

Have a food fight (yes there will be a mess, but the laughter is worth all the clean up in the world)

Plan a family vacation around food, maybe you decide to eat your way through Italy or another exotic or local Destination

Plan day trips to discover some of the local flavor

Talk about how you could prepare the ingredients used in the meal differently at your next meal

Let each member of the family plan the meal for that night, no matter how crazy the meal may seem remember meal time is about family time

Leave the daily grind somewhere other than the dinner table, the dinner table is a place where magic can happen have fun, laugh, smile, TALK. The daily stresses of life can wait until after dinner.