

# My Little Helper - 12 simple cooking skills

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This lesson plan is provided in two different nutrition education methods - facilitated group discussion and learner centered education.

## **One-on-one Counseling:**

One-on-one counseling is a learner-centered approach that focuses on the learners' needs and involves the learner in decision making and problem solving, and can be provided via a bulletin board, display or individual counseling session.

## Target Audience:

families with preschool age children

## Goals:

This session is offered to encourage families to cook with their preschool children.

- to teach some simple cooking skills to preschool children.
- to encourage preschool children to taste and accept new foods.

## Learning Objectives:

- Participant will name 1 or more different activities that their preschool child can do in the kitchen.
- Preschool children will enjoy cooking with their families and become more willing to try new foods.

## Time: 5 to 7 minutes

Time depends upon the amount of discussion with the participant.

## Procedure:

### Set-up:

Table with bulletin board, flip chart, binder of paper or box.

Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "My Little Helper - 12 simple cooking skills" along with a list of the 12 skills - wash hands, rinse and scrub, tear and cut, mash and crush, sprinkle, pour, mix, peel, spread, measure, shape and clean up.

Table for preparing yogurt sundaes

### Materials:

My Little Helper booklets

small plastic cups and spoons

Vanilla Yogurt, granola, chopped fruit or your choice

### Optional ideas:

- A. Put together small bags of breakfast cereal, along with rolling pins or plastic glasses for children to crush.
- B. Prepare a different recipe from the My Little Helper booklet and give samples for taste testing.

## Key Content Points:

1. There are many easy ways that a small child can help in the kitchen.
2. Small children who help in the kitchen are less likely to be fussy eaters.
3. Small children who help in the kitchen are more likely to like to cook later in life.

## Lesson Overview

### 1. Welcome

- Introduction of self and class - "Hi, my name is Carol and today we're going to talk about cooking with children in the kitchen, and then we're going to make yogurt sundaes together"
- Ask participant, "Has your child helped you cook in the kitchen?" "If yes, what did they do? If no, why?"

### 2. Simple cooking skills for preschool children

- Give the My Little Helper booklet to participant. Discuss the index with participants - "this booklet covers 12 cooking skills that your child can learn, along with a recipe and other cooking ideas." Ask participants to turn to page 18 and explain the layout of the pages - "mixing is the cooking skill that your child can learn, and there are some recipes and ideas on how to practice mixing."
- Ask participant to turn to page 2. Discuss how to start cooking with your child - "start slow. Accept what your child wants to do. Learning how to cook takes time and practice." Discuss the chart of what children can do in the kitchen on page 3.
- Ask participant to turn to page 4. Discuss ways to be careful in the kitchen.
- Ask participant if they have any questions or concerns.

### 3. Trying new recipes and cooking ideas

- Ask participant to look through the booklet and choose a cooking activity they would like to try with their child.
- Ask participants, "What cooking idea will you try at home?" "What cooking skill will your child learn when making this dish?"

### 4. Making a Yogurt Sundae

- Ask participant to turn to page 14. Discuss how a child learns fine motor skills when sprinkling foods.
- Place some granola and chopped fruit on individual plates for child. Give each child a plate of granola and fruit, 2 empty cups and 2 spoons. Ask parent and child to create 2 yogurt sundaes for themselves.
- Ask children to scoop out yogurt into their cups, and sprinkle with granola and fruit. Participant and child can eat yogurt sundaes together.

## Evaluation:

Participants will state 1 to 2 cooking skills they will do with their child at home.

Lesson Plan developed by Cheryl Yarrington, RDN, MS - ©Nutrition Matters Inc. - August 2016