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What better way to spend time with your family during the holidays than in your kitchen? Making tasty holiday treats with your children can be fun and educational!

To ensure children have a fun, yet safe time in the kitchen, check out these tips from USDA. Tips provided are generalized, and depending on the child, some tasks may be completed at different ages.



Age Appropriate Tasks for Cooking with Kids ^{1,2}

2 years

- Wash produce
- Break cauliflower and broccoli into smaller pieces
- Gather ingredients
- Throw things in the trash
- Wipe down table and counter tops

4 years

- Peel eggs and some fruit like oranges and bananas
- Help set the table
- Crack eggs

3 years

- Add ingredients
- Scoop and mash potatoes
- Squeeze citrus fruit

5 years

- Measure liquids
- Cut soft fruit with dull or plastic knife
- Use manual egg beater

Choking Hazards

We need to make sure when younger children are helping that we take some safety precautions. Anytime holiday snacks become available there is always an increased risk for choking. Here are some helpful and easy tips to avoid potential choking hazards:

- Always keep an eye on children. Parental supervision while eating is very important and can prevent many choking incidences.³
- Have children sit down before they start eating. Walking and running while trying to eat increases the risk of choking.³
- Be sure to cut your child's food into at most ½ inch pieces. This will allow for easier chewing and swallowing, preventing food from getting lodged in their throat and blocking the airway.³

Holiday Fruit Parfait



Ingredients:

- Green Grapes
- Kiwi
- Strawberries
- Raspberries
- Low-fat vanilla yogurt
- Maple syrup (optional)

Directions:

1. Rinse produce and pat dry with paper towel.
2. Cut fruit up into small pieces, ½ inch or less, safe enough for children under 5 years old. Layer yogurt with fruit in a plastic glass
3. If desired, drizzle a teaspoon of maple syrup for an added touch of sweetness.

Tip: Let children get involved by creating their own parfait and cutting fruit up with a plastic or dull knife. Children are more willing to try new foods if they help make them.

References

1. bit.ly/ChooseMyPlate-KitchenHelper
2. bit.ly/HealthyChildren-ChokingPrevention
3. bit.ly/nhlbi-nih-CookWithChildren