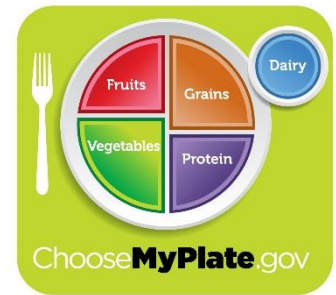


Cooking with Children

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Chef Jamie Oliver has a passion for teaching children how to eat healthier. His "Smashed Salad" recipe was one way he introduced fresh fruits and vegetables to young children. This adaptation uses a variety of fresh fruits and vegetables. Select the fruits and vegetables your family enjoys and have fun!



Salad in a Bag

Ingredients:

- 1 apple, cored, cut into 8 pieces
- 1 carrot, cut into 8 pieces (or handful baby carrots)
- 1 cucumber, remove seeds, cut into 8 pieces
- 1 handful of radishes, cut into 4 pieces
- 1 handful of cooked baby beets (canned beets could also be used)



Directions:

1. Place the apple, carrot, cucumber, radishes, and beets into a large self-closing freezer plastic bag. Seal the bag and gently hit with a rolling pin.
2. Open the bag and break up any larger pieces. To prevent choking, avoid serving food that is as wide as a nickel or wider. Pour into a serving bowl.
3. Add a little of your favorite dressing and gently toss together — remember to dress it lightly, you can always add more dressing. Enjoy!



Tips: Smash beets after the other vegetables to prevent them from coloring all the vegetables. The cucumber and apple can be peeled to make them easier to break apart.

Sources:

1. Kids in the Kitchen, Clemson Cooperative Extension, <http://bit.ly/2ctXHSL>
2. Practice Choking Prevention, Team Nutrition, Provider Handbook for the Child and Adult Care Food Program, <http://bit.ly/2clfvEA>

For more information check out Food Fun for Young Children at:
<http://go.unl.edu/chi>

Tips for Cooking with Children

- Don't try to cook with children when you are in a hurry – choose a time when you can enjoy the experience.
- Start with simple recipes (less than five ingredients) so your child can see fast results and not get impatient waiting.
- Children will be messy. Allow extra time for clean-up.
- Read through the recipe and decide which steps are appropriate for your child's skill level. You want your child to have a positive experience in the kitchen.