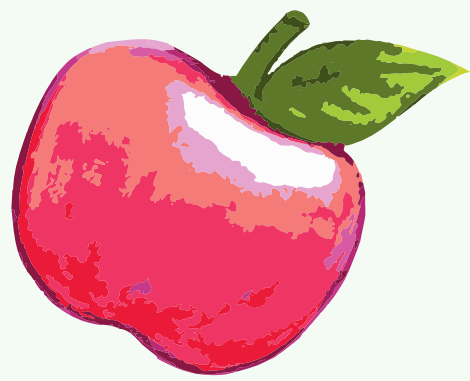




KITCHEN & COOKING ACTIVITIES FOR FAMILIES

FUN WAYS TO INCORPORATE
MORE COOKING RELATED
ACTIVITIES



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WHY TEACH KIDS TO COOK?

Teaching kids to cook will help
instill skills to last them a
lifetime!

Learning to cook helps kids
learn about nutrition!

Cooking with your children
creates family time and
bonding!

Cooking reinforces subjects like
math, science, language, and
teaches kids to be creative!

Kids can learn to work as a
team and learn the importance
of planning, and accomplishing
a task.



ACTIVITY #1

YouTube Cooking Lessons!

Pretend you and your child will start cooking classes together (or parents may role play as Chef/Instructor). Find a YouTube cooking class video and do it together as a family, or parents can "teach" the class to their child.

Fun Tip: Invest in cooking materials such as an apron, kid-safe knives, or a toque (chef's hat) to make the cooking class experience real!



ACTIVITY #2

At Home Science Experiments!

At home science experiments can teach kids about new foods, they can learn how food changes throughout the cooking process, explore sensory and taste, and learn how food grows!

Example Experiments: Blindfold tasting experiment, making sugar crystals, making homemade cottage cheese, yogurt, butter, or whipped topping!

Vegetable/fruit acid-base pH experiments, baking soda volcano.



ACTIVITY #3

Theme Inspired Meals!

Pick a theme and create a meal that would represent that theme! You can go all out with props, music, and make as many dishes as you'd like!

Fun Tip: Find affordable props to make your theme meal realistic!

Theme examples: Mexican Fiesta, Hawaiian Luau, Cheese or Chocolate Fondue Night, Movie Theme, Parisian/French Cuisine, Seafood/Ocean Theme, Home made Pizza day, Japanese Kaiseki Menu.



ACTIVITY #4

Iron Chef America Challenge!

Have a friendly cooking competition between 3 family members. 1 will pick the star ingredient of the meal and will taste both dishes. 2 family members will compete against each other and cook a meal using the star ingredient.

Activity Tip: This works best amongst older kids with cooking experience and safety training. For younger kids/children, parent supervision required. You can create scoring cards that the taster will fill out.



ACTIVITY #5

Cooking Appliance Week!

Pick 1 week to experiment using various cooking appliances daily to make different meals. This will help teach children how to use the various cooking appliances safely and help them learn various cooking methods.

Appliance Examples: Oven, stove, microwave, crock pot, toaster oven, instant pot, slow cooker, air fryer.

Fun Tip: Try making the same meal with 2 different cooking methods to test & compare the quality!



ACTIVITY #6

International Cooking Month!

Research different parts of the world you would like to travel or learn more about. Every week, pick 1 international country and create a dish from that country! (Parents can also make a list of the places they have already traveled to) After choosing a destination every week, research what dishes you would like to make and find fun facts about that country!

Fun Tip: If choosing a place you have already traveled to, print out pictures from your trip and place around the dinner table to talk about your travel experience during your meal!

If you have a globe, spin the globe and let your finger choose the destination!



ACTIVITY #7

Texture Day!

Pick 1 whole day to experiment with textures! At every meal for 1 day, try including 3 different textures at breakfast, lunch, and dinner.

Texture Ideas: Crunchy, moist, dry, soft, hard, smooth, creamy, chewy, crumbly, or chunky.



ACTIVITY #8

Sweet Life Activity!

Every week, pick 1 dessert you would like to make from scratch and create as a family. Divide recipe steps equally so that all members of the family play a role in creating the dessert. This will be a great way to de-stress from the busy work week and enjoy a sweet treat!

Activity Fact: Did you know that incorporating sweets & desserts regularly to your kids will decrease the response to that treat! Often times when kids don't get access to sweets they only crave them that much more!

Learn more about sugar habituation here:

<https://www.crystalkarges.com/blog/how-much-sugar-is-okay-for-my-child-to-eat>



ACTIVITY #9

Produce of the Week!

Pick 1 Fruit or Vegetable each Monday and do research about that produce item and why it's so special! Come up with fun facts and dishes that incorporate that produce. Gather recipes and create a grocery list to prepare your meals by Friday. During meal times on Friday, talk about the fun facts and nutritional highlights of that produce item while enjoying the meals you've created!

Activity Example:

Corn

Nutrition Highlights: High in Fiber & important minerals

Fun Fact: Early settlers used corn as money!

Recipes: Corn bread, creamed corn, corn on the cob, mexican street corn, corn chowder, etc.



ACTIVITY #10

Simon Says Cook!

This activity is filled with creativity, as the "Simon" gets to challenge the cook! The "Simon" of that meal, will get to scan the kitchen and find items the cook must use to create a meal. Simon will give specific rules (2-4) the cook will follow to create a meal.

Example:

- "Simon says you must use bread"
- "Simon says you must only use the oven"
- "Simon says you may also use eggs"
- "Simon says you have 30 minutes"

(Recipe Ideas: baked French toast, breakfast casserole, baked egg sandwich)



Activity Tip: Children will need help from 1 parent if they are the cook. Parents may look up recipes for inspiration based on Simon's rules.

Fun Tip: After Simon says their rules, they can say "Simon Says Cook!" and the cook may proceed to make their creative meal!



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DINNER TABLE GAME IDEAS

I-SPY:

Take turns going around the dinner table being the "Spyer" Pick an item in the room and help your family figure it out by giving them clues and saying "I spy with my little eye...something blue"

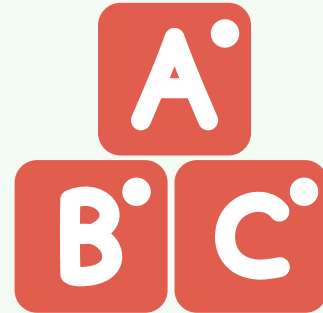


Rose & Thorn:

Take turns going around the table and describing the rose (best part of your day) and the thorn (worst part of your day)

Alphabet Game:

Pick a category such as animals, countries, movies, and start naming things from that category by going through the alphabet one person at a time



Telephone:

One person starts by whispering something into a person's ear, then go around in a circle repeating what you heard until you get to the last person who will repeat what they heard.

List Game:

One person picks 5 items and the rest have to figure out what they have in common. Example: water, toothbrush, towel, soap, floss (answer: things in a bathroom)

