

Cooking with kids

Early childhood

Cooking activities are a great way to introduce children to new things and help foster a love of nutritious foods.

Here are some fun recipes that children can get involved with!

It can also help their development by:

- combining gross and fine motor movement
- practicing concentrating and following directions

Savoury



Egg and corn bread cups

- See our website for recipe
- Children can help spread margarine, whisk and mix ingredients and spoon into bread cups.



Cup of soup - Minestrone

- See our website for recipe
- Children can wash canned legumes and sprinkle cheese when serving.

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Stuffed spuds

- Cook small potatoes, cut the tops off and scoop out some potato.
- Children can fill with toppings like natural yoghurt, peas and corn, creamed corn, grated cheese, salsa, coleslaw, lean ham and canned pineapple, baked beans.



Little pizza people

- Spread small pita breads, crumpets or English muffin halves with tomato paste.
- Children can make a face using grated cheese and toppings like chopped lean ham, mushroom, tomato and pineapple.
- Bake or grill until hot and bubbly.



Wholemeal cheesy scrolls

- Using a basic wholemeal scone, roll out dough and spread with cheese. Add other fillings such as tomato. Roll up, slice and bake until golden.
- Children can help measure and mix ingredients, knead and roll out dough, spread toppings and cut into portions.



Ants on a log

- Fill celery sticks with cream cheese or peanut butter (if allowed).
- Children can dot with currants or sultanas.

Sweet



Pumpkin scones

- See our website for recipe
- Children can mash cooked pumpkin, measure ingredients, rub margarine into the flour, mix and knead dough and cut out scone shapes.

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Layered fruit, yoghurt and oat treat

- Children can help spoon a layer of assorted fruit (fresh, frozen or canned) into individual cups, top with a layer of yoghurt and sprinkle with oats.
- Children can continue to layer fruit, yoghurt and oats until they reach the top of their cup.



Fruity crumble

- See our website for recipe
- Children can rub margarine into the flour, measure and mix crumble ingredients, pour drained canned fruit into a baking dish and spread crumble mixture over the fruit.



Berry-apple fairies

- Use a wholemeal or fruit English muffin as a base.
- Children can spread ricotta or cream cheese and decorate with apple slices and berries.



Banana and cinnamon jaffles

- Children can help slice bananas using plastic knives.
- They can then help spread banana slices on slices of bread and sprinkle with cinnamon.
- Cook sandwiches in a jaffle maker until golden brown.



Carrot muffins

- See our website for recipe
- Children can help to measure and mix ingredients and spoon the mixture into muffin cases.