

LITTLE KITCHEN HELPERS

Hello Parents! Want to help your little ones build healthy eating habits? Get them in the kitchen! Yes, it may be messy, but it will also help them eat more vegetables, and gain confidence with cooking skills. Let them pick out a recipe you can make together - like veggie egg muffins, or simply let them choose an ingredient at the store - like a new vegetable. Involve them in the cooking process by allowing them to use simple tools like egg slicers or kid-safe knives, and asking engaging questions about the ingredients. And, of course, be patient, take deep breaths, enjoy the process, and remember that almost everything can be cleaned!

VIDEO/RADIO SCRIPT



EGG
NUTRITION
CENTER