

Let's Cook Together!

Eat Smart
 **Be Active**

Cooking with children is fun! It's a great opportunity to teach your children to follow instructions, learn new words, learn simple math, cooking skills and much more.

Tips for cooking with your child:

- Always supervise them.
- Be patient, expect spills and messes; we can all clean up when done.
- Give simple instructions, one at a time, repeat them as needed.
- Model how to use kitchen utensils and give your child a chance to do it on their own.
- Show excitement and don't forget to praise your child, cooking is a big deal for them!



Try this easy recipe with your child:



HAWAIIAN FRUIT DIP

HAVE YOUR CHILD MARK SUPPLIES AND STEPS AS YOU WORK TOGETHER.

Ingredients

- ½ cup vanilla Greek Yogurt
- 2 tablespoon pineapple, crushed
- 1 tablespoon coconut, shredded
- 1 apple, sliced for dipping or other fruit

Equipment:

- Mixing bowl
- Measuring cups
- Measuring spoons
- Whisk
- Apron

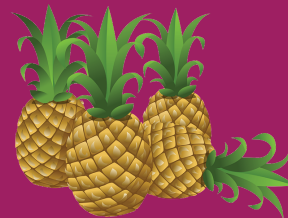
Preparation:

- Add yogurt to a mixing bowl.
- Add pineapple and coconut to the mixing bowl.
- Stir to combine.
- Serve with apple or other fruit.

Makes 4 servings.

Serving size = ¼ cup

Adapted from
yummyhealthyeasy.com



The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age, disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race, or religion. Where discrimination is found to have occurred, the University will act to stop the discrimination, to prevent its recurrence, to remedy its effects, and to discipline those responsible.



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources