Food preparation is seen as a challenging, satisfying and creative learning adventure in a book designed to help mothers and teachers in nutrition education. Young children will learn basic concepts in nutrition by an active involvement in the food experiences of meal planning, shopping, setting the table, gardening, cooking and eating. Since food behaviors in childhood affect growth, development and adult dietary patterns, youngsters should learn about nutrition and form healthy eating habits by participation; objectives, skills and learning activities are described which involve young children in all aspects of food preparation. Chapters emphasize preparing foods from the four food groups: fruits and vegetables; breads and cereals; dairy products; and the meat group. Tasty recipes children will like to make and eat are presented which encourage children to select nutritious snacks over junk foods. Field trip ideas and resources outside the kitchen are suggested. An appendix lists companies and organizations involved in foods and nutrition.
We need to make sure when younger children are helping that we take some safety precautions such as watching for choking hazards. Always make sure children are sitting down before eating and keep a close eye on them during meal and snack time. To ensure children have a fun, yet safe time in the kitchen, check out these tips in the chart below from USDA. Tips provided are general and depending on the child, some tasks may be completed at different ages. 2 year-old. 3 year-old.