

Parent Resource: Cooking with Children

Tips:

- Start with simple recipes
- Fewer ingredients the better to start
- Non baked, quick end product is good for those impatient cooks
- To make the experience more enjoyable, allow some extra time
- Remember to use age appropriate tools
- Keep the mood light and fun
- Little by little your child will gain skill and knowledge
- Compliment the Little Chef on a job well done
- Pick out a recipe for the next cooking experience

