

# UNLOCK THE POTENTIAL OF FOOD

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## THE POTENTIAL TO DISCOVER

### Foster healthy eating habits in children by teaching them to shop and cook.

Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. Yet, a recent Ipsos survey found that 38 per cent of parents rarely or never let their child prepare a meal or snack. Dietitians can help you to shop for and prepare healthy meals, giving children the power to discover better health as they grow. Just ask!

### FIVE TIPS FOR COOKING WITH KIDS

It's fun and rewarding to involve kids in meal preparation – whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

- 1. Pick a recipe and shop together:** Children need to be part of the plan from the beginning, and it helps if they choose and prepare something that they love to eat.
- 2. Incorporate learning:** Build on lessons they learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.
- 3. Keep it fun!** Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant.
- 4. Be a role model:** If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your kids to do the same.
- 5. Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm.



#### DIETITIAN PRO TIP

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Improving childrens' ability to prepare food can lead to healthier eating habits, including eating more vegetables and fruit. Cooking can expose children to fresh, healthy ingredients.

### TRY THIS!



**Montreal Bagel and Avocado**



**Yogurt-Dipped Berries**



**Walnut and Flax Carrot Cookies**

Find all 10 feature recipes at [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca)



Get inspired with recipe ideas from **Cookspiration**.



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## IN YOUR NEIGHBOURHOOD

Do you want to inspire your kids with food? Here are three ways to get started:

1. Head to your nearest grocery store or farmer's market and taste something new.
2. Call your local public health department or boys and girls club to see if they offer cooking programs for children.
3. Check the children's programming at the local supermarket. Many offer grocery store tours, food demos and cooking classes for children.

## WHAT CAN MY CHILD DO?

Here's a guideline of kitchen skills based on age:

- 2-3 year olds can wash vegetables and fruit or tear lettuce and salad greens
- 3-4 year olds can mash potatoes and bananas or mix together batters
- 4-6 year olds can measure dry and liquid ingredients or set the table
- 6-8 year olds can toss salad ingredients together or make a simple breakfast
- 8-12 year olds can make their own school lunch or help to plan meals
- Teens can follow more complicated recipes or assemble and mix most ingredients. They can also be in charge of making one meal per week in addition to making their lunch.

## WANT TO UNLOCK THE POTENTIAL OF FOOD?

### TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Talk to a dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find).  
A dietitian is key.

Find all 5 fact sheets at [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca)

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