



Virginia Cooperative Extension Family Nutrition Program

Getting Your Kids Involved in the Kitchen - Quick Tips

Activities for Younger Kids (4-8 years old):

- Picking out fruits and veggies at the store
- Washing fruits and veggies
- Rinsing canned beans
- Measuring dried pasta, beans, and vegetables
- Adding premeasured ingredients to recipes
- Stirring ingredients
- Mashing potatoes with a masher
- Assembling foods into fun shapes and faces
- Crumbling cheese

Activities for Older Kids (9-18 years old):

- Peeling and slicing vegetables and fruit
- Boiling and draining pasta and other grains
- Measuring and mixing ingredients together for baking
- Pouring batter onto a griddle
- Flipping pancakes or omelets
- Forming meatballs
- Processing foods in a blender
- Cleaning countertop surfaces and utensils
- Threading food onto skewers
- Helping to roast or sauté vegetables
- Making a side dish
- Making his or her own meal

BUILD YOUR OWN Smoothie

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 10 minutes



DAIRY



1 cup
low-fat milk



1 cup unsweetened
fortified soymilk



1 cup low-fat
vanilla yogurt

FRUIT



½ cup
frozen fruit



½ banana,
sliced



½ cup fruit
canned in juice

VEGETABLE



1 cup fresh
leafy greens



½ cup no-salt added
canned sliced carrot



1 cooked beet,
peeled and diced

EXTRA



1 tablespoon
peanut butter



1 teaspoon
chia seeds



⅛ teaspoon
cinnamon

Directions:

- Select a dairy, fruit, vegetable, and/or extra.
- Layer fruits, vegetables, and/or extras in a blender. Pour dairy over top. Blend until smooth.
- Makes 1 serving.
- As you become more familiar with the recipe, try adding or replacing with different dairy, fruits, vegetables, and extras for a different flavor and texture.

**Eat Smart
Move More**

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Younger kids can help pick out the fruit and pour the ingredients into the blender with your assistance. Older kids can cut and prep the fruit and make the entire recipe on their own.

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