



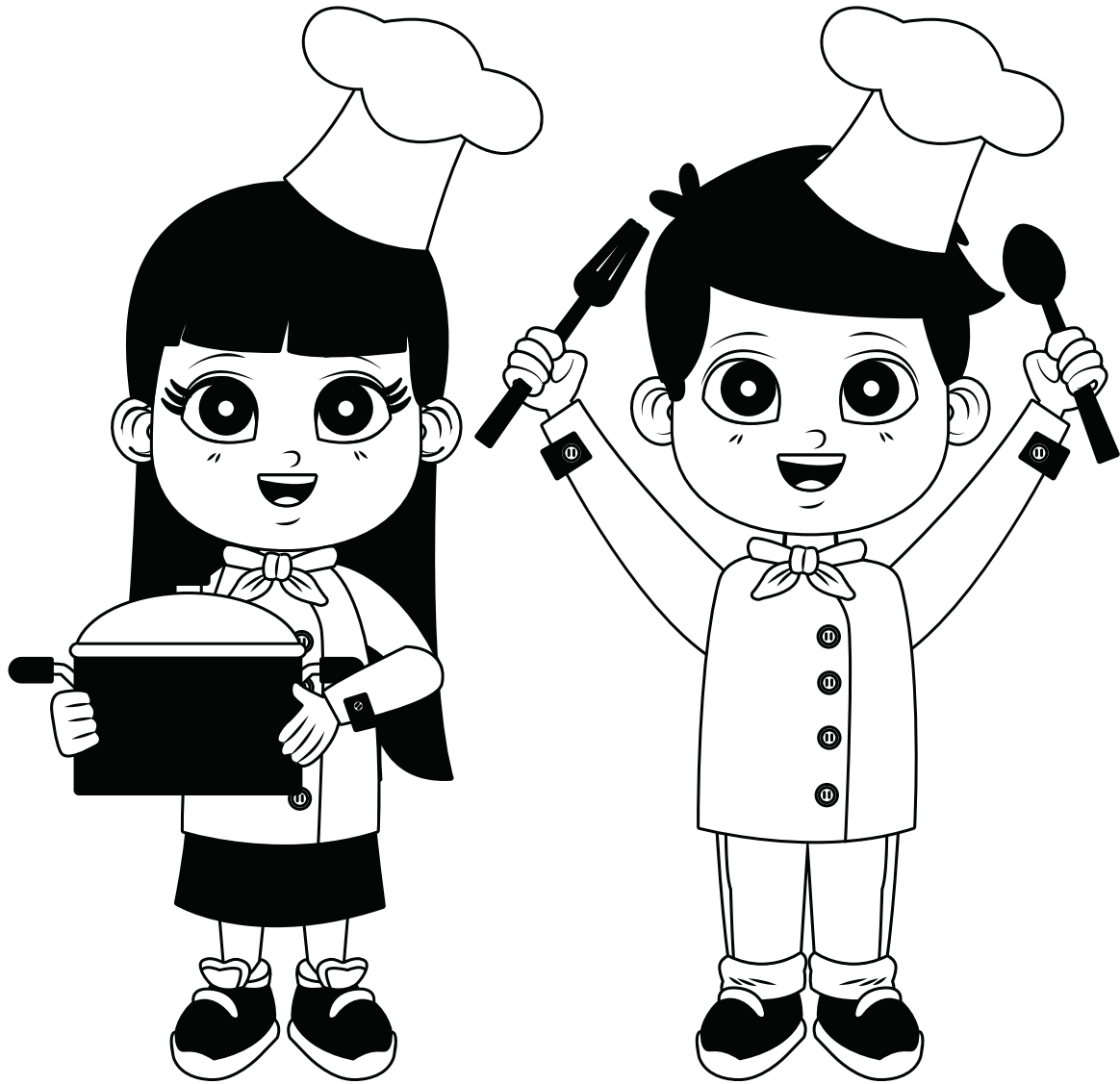
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GETTING KIDS INVOLVED

GET YOUR KIDS INVOLVED



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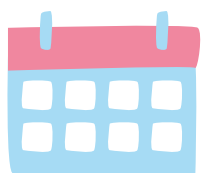


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Get your family involved

Involve your children in the meal planning process. Let them give meal suggestions, and take them grocery shopping. Or have them help with preparing meals by giving them easy tasks.



Try different dinner-themes

Meal planning can be very overwhelming. Dinner-themes narrow the focus and makes it easier to choose a meal to make. Some ideas are: Meatless Mondays, Taco Tuesdays, Fish Fridays, etc..



Expose your kids to fruit and veggies

Take them to the store and let them pick a fruit or vegetable to try. It is important to keep offering and be patient. Research suggests that repeated exposure is an important aspect to increasing fruit and veggie intake in children. It can take a child 10-15 times before they start to like a certain food.



Be creative

There are fun ways to involve your children. Try making kebabs of various fruits and veggies. Make smoothies or ice cream from frozen fruit, such as bananas. You can also add veggies to different food, such as muffins, pasta sauces or brownies.



Collect recipes

Try new recipes and create a binder of all the family's favourite recipes. Collect online recipes on Pinterest. Check our Pinterest for plenty of inspiration to get started!

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Age	Kitchen Tasks
2-3 year olds	<ul style="list-style-type: none">• Smell fresh herbs and spices• Wash fruits and veggies• Count ingredients (such as the number of blueberries)• Put muffin cups in muffin tins
3-4 year olds	<ul style="list-style-type: none">• Mash potatoes, carrots, or bananas• Stuff peppers• Assemble simple ingredients (like ants on a log, made with celery, nut butter, and raisins)• Chat about the food. How does it look, taste, feel?
4-6 year olds	<ul style="list-style-type: none">• Assemble simple ingredients, such as pizza toppings, or fruit toppings to cereal/yoghurt• Stir ingredients together, such as a banana muffin batter• Cut cooked veggies or soft fruit with a children's knife
6-8 year olds	<ul style="list-style-type: none">• Toss a fruit / green salad together• Make their own sandwiches or tortilla wraps• Write down healthy snacks and meals they'd like to eat• Invent their own smoothie recipes• Use basic kitchen equipment under your supervision and instruction, such as a grater, toaster, or blender
8-11 year olds	<ul style="list-style-type: none">• Use a small knife for easy-to-cut foods• Make their own healthy snacks and easy meals• Use the microwave and stove, with your help
(pre) teens	<ul style="list-style-type: none">• Follow easy recipes• Cook easy meals throughout the week, depending on skill level

