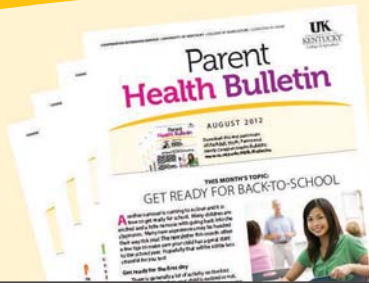


Parent Health Bulletin



NOVEMBER 2013

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THIS MONTH'S TOPIC: KIDS IN THE KITCHEN

Has your child ever asked to help you out in the kitchen? With the upcoming holidays, there may be a chance for you and your child to work together in the kitchen and make a special recipe. Learning to cook can be a fun activity for any child.

If your child is showing interest in helping out in the kitchen, you should sit down and talk about it together. You could discuss the different types of cooking styles or share with them your favorite recipes. You never know, maybe they will be your child's favorites too. If your child is still showing interest you could talk about what you want to prepare (which recipe) and what is needed to make it (ingredients and tools). If the food requires knives, the



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oven or stove, or other appliances, you want to make sure your child understands that there will be some things that cannot be done alone.

When you are starting to create something in the kitchen, allow your child to read all of the ingredients needed and make sure that all are available and in the correct amounts. Your child should then find all the tools and equipment needed, including: bowls, whisks, measuring spoons and cups.

Next, wash both your hands and your child's hands with soap. It is important when working with food to wash your hands, both before and after. Sometimes while cooking, you may need to wash your hands after handling some food products. Take

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the time to assure that your child is washing his hands correctly.

If your child needs to use a piece of equipment that may not be safe, such as knives or sharp objects, be sure to help him.

When working in the kitchen, make sure to protect clothes. Cooking can be messy. If you have an apron, wear it in the kitchen. If not, wear clothes that are okay to get dirty.

Being in the kitchen with your child is a great learning experience for both of you. Over the holidays, make sure to spend a little time in the kitchen with your child.

SOURCE:

Nemours Kids Health. Being Safe in the Kitchen. Sept. 2013 http://kidshealth.org/kid/watch/house/safe_in_kitchen.html#://kidshealth.org/kid/watch/house/safe_in_kitchen.html

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Health Bulletin

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