

The Importance of Cooking with Kids

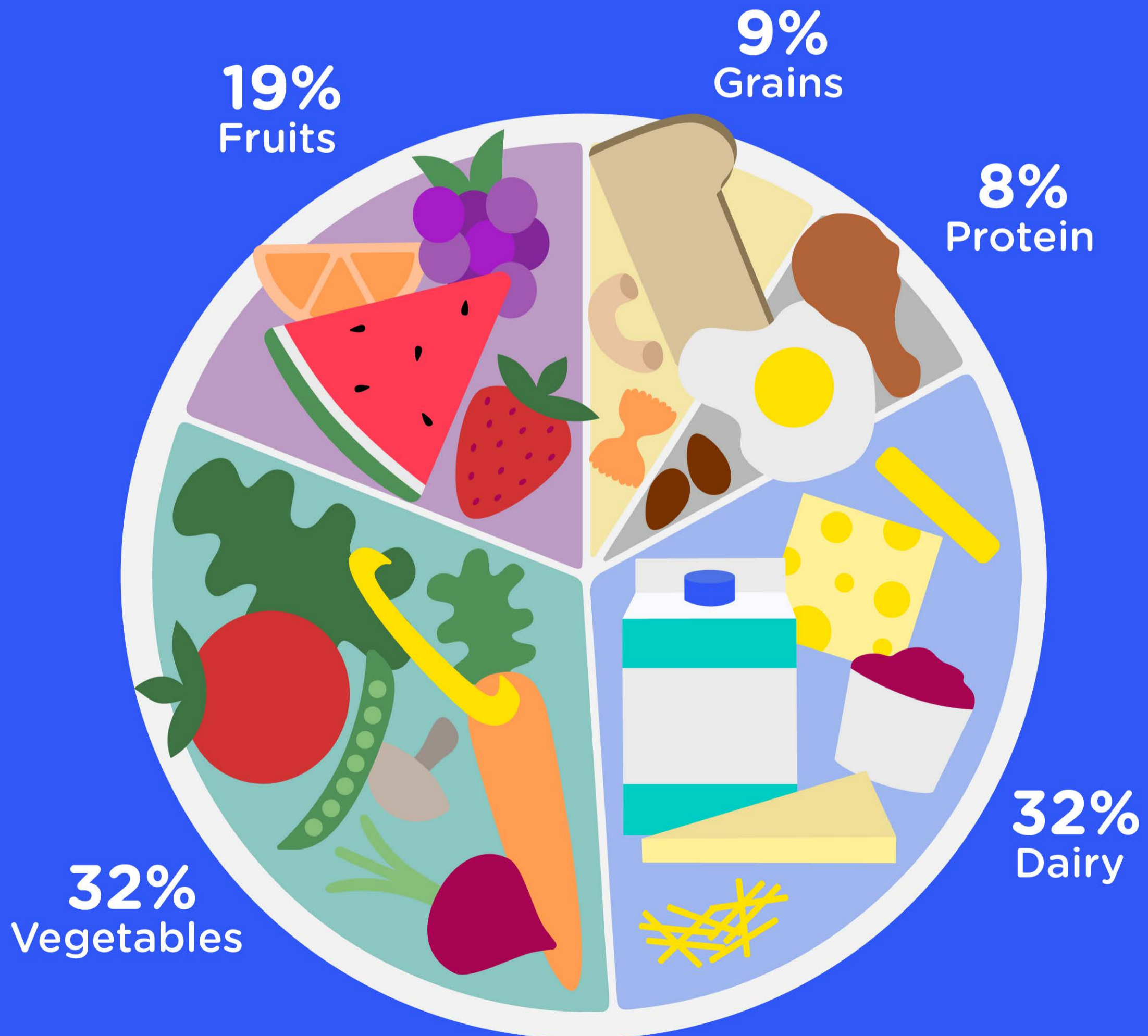
Cooking with kids empowers them to make healthier food choices.



LINGOKIDS

A Healthy Plate for Kids

Visit myplate.gov for more information on kids nutritional health.



Healthy Water Intake for Kids Per Day



Kids who help
with meal prep eat
**1 more daily
serving of
fruits &
vegetables**



**than kids
who don't**



Kid-Friendly Cooking Tasks by Age

 
Washing




Measuring 

 
Whisking 

 
Mixing 


Chopping 


Pouring 



2-4 years old



5-8 years old

5 Best Recipes to Make with Kids

1

Fruit Kabobs

2

Mini Pizzas

3

Scrambled Eggs

4

Pasta Salad

5

Smoothies

Visit [lingokids.com](https://www.lingokids.com) to create these delicious recipes!