

# Now You're Cooking!

## Fun Food Activities for Children

One way to help children build healthy nutrition habits is to let them help in the kitchen! Generally parents are reluctant to let their children help in the kitchen citing no time, huge mess and possible accidental injury. Most children are very willing chefs and can be very creative in the kitchen. By starting with very simple recipes, parents can help their children develop confidence in the kitchen. As an added bonus, following instructions in recipes helps improve reading, math and time management skills. Children are more apt to try new foods if they have participated in preparing them. So grab those aprons and wooden spoons, and have some fun in the kitchen. The two breakfast recipes below are great for young chefs. Bon appetit!

### **Breakfast Burrito**

#### **Ingredients**

1 tablespoon butter or oil  
¼ cup chopped onion  
½ cup chopped green pepper  
¼ cup chopped ripe tomato  
4 large eggs  
1 tablespoon low fat milk or water  
½ cup sour cream  
2-4 flour tortillas

#### **Equipment**

Small bowl  
Fork or whisk  
Measuring cups  
Sharp knife  
Cutting board  
Frying pan  
Wooden spoon or spatula

#### **Directions**

1. In a small bowl, beat the eggs and milk with a fork or whisk and set aside.

2. In a medium skillet, heat the butter over moderate heat.
3. Add the onions and sauté for about 5 minutes, or until soft. Add the bell pepper and tomato.
4. Sauté another 3 minutes.
5. Raise the heat to medium high and add the egg mixture along with 2 tablespoons of the sour cream.
6. Beat with a fork until the eggs are set.
7. Place the eggs in a flour tortilla.

## **French Toast**

### **Ingredients**

2 eggs  
½ cup milk  
¼ teaspoon salt (optional)  
6 slices slightly dry bread  
¼ teaspoon cinnamon  
¼ cup confectioner's sugar

### **Equipment**

A small bowl  
Fork or wire whisk  
Measuring spoons and cups  
Heavy skillet or griddle  
Spatula

### **Directions**

1. Crack two eggs into a bowl. Add milk and salt. Beat with a fork or a wire whisk until fluffy.
2. Cut 6 slices of bread in half. (Note: this recipe works well using slightly dry or stale bread.)
3. Heat a heavy skillet or griddle lightly greased with oil or non-stick spray.
4. Pick up bread with a fork and dip both sides into egg mixture.
5. Brown on both sides, turning with a pancake turner.
6. Serve hot. Sprinkle with confectioner's sugar and cinnamon.