



PennState
PRO Wellness



**Children's
Miracle Network
Hospitals**

Healthy Choices

Cooking, Kid Approved

pennstatehershey.org/PROwellness



Cooking, Kid Approved

Put a Healthy Twist on the Basics

- ❑ Toss sliced apples, berries, bananas or whole-grain cereal on top of fat-free or low-fat yogurt.
- ❑ Serve fruit instead of ice cream for dessert.
- ❑ Use wheat or whole-grain bread instead of white.
- ❑ Use fat-free or low-fat milk instead of whole milk.
- ❑ Add salsa to a baked potato instead of cheese, butter or sour cream.
- ❑ Remove skin from poultry.

Get Kids in the Kitchen

- ❑ Encourage children to help with meal preparation so they can build healthy eating habits – many enjoy it! Even the little ones can help:
 - Children: Age 2
 - Wash fruits and vegetables
 - Tear lettuce or greens
 - Break cauliflower or broccoli into pieces
 - Children: Age 3
 - Knead and shape dough
 - Mix or pour ingredients
 - Shake liquids in a covered container and mix
 - Apply soft spreads
 - Children: Age 4
 - Peel oranges or hard-boiled eggs
 - Mash bananas or cooked beans with a fork
 - Cut herbs and onions with kid-safe scissors
 - Children: Ages 5-6
 - Measure ingredients
 - Use an egg beater