

Gesünder essen- kinderleicht

03/04-2020

Cooking and baking with children at home

*Dear parents,
dear kita staff,
dear kitchen staff*

at this time, we are all requested to stay at home. This may be a nice opportunity to cook and bake with our young ones. For little amateur cooks it often is an adventure to cut food and stir pots with their parents and siblings. At the same time, these kinds of activities help children discover what ingredients are being used in food, they train their senses of taste and smell, and enhance their motor skills.



Cooking with children – this is what even small children can accomplish on their own.

At **approximately two years** of age, children are able to sort vegetables, stir curd, and „assist“ in harvesting fruit and herbs from the garden.

Most three year olds are able to wash salad, vegetables, and fruit or stir dough. **From the age of four up**, many young cooks are able to cut soft foods, peel vegetables, assist at the stove or set the table. **Five year olds** are able to fry eggs (supervised) or help with making a cake by e.g. weighing the ingredients.



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Useful advice for cooking together

- ✓ Allow for ample time. Small children often do not have a lot of staying power.
- ✓ Overlook small mishaps.
- ✓ The result does not have to be perfect. Common activity and sharing a meal in a relaxed atmosphere are much more important.
- ✓ Given the current situation, you can strengthen family bonds and create a feeling of comfort for the youngest.

! Hygienic measures when cooking and baking

Wash hands thoroughly **prior** to cooking, fix long hair up into a ponytail, put on a clean shirt, or use an apron.

Tasting will always be done by using an extra spoon.

Do not cough or sneeze on to food. Food having fallen **to the ground** will be thrown out.

Avoid touching readily prepared food with bare hands and refrigerate food as soon as possible.

Our recipe for you

Potato and Carrot Patties with Herb Dip (serves four)

500 g	potatoes	and
250 g	carrots	peel, wash and grate finely
250 g	onions	peel and chop. Mix with
2-3	eggs ¹	and blend with
100 g	wholemeal wheat flour ⁴	and season with
	iodized salt and pepper	put mixture into pan, flatten and fry on both sides with
	rapeseed oil	until crunchy.
	For the dip:	
2 mugs	sour cream ⁷	stir until creamy
1	garlic clove	peel and crush
$\frac{1}{2}$ bunch	parsley	and
$\frac{1}{2}$ Bund	chives	wash and chop. Mix with sour cream and
	iodized salt, pepper,	season with
	paprika powder	and

Allergenes subject to labelling: 1 = eggs, 4 = gluten, 7 = milk, to include lactose

Many more tasty recipes can be found in the „**Kita-Kochbuch**“, which soon will be available again in bookstores and online in the **Weser-Kurier-Shop**.

Warm regards, yours

Brigitte Büchig

Sources:

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