



## *Cooking with Kids: Building Lifelong Culinary Literacy*

Peggy Policastro and Erin Comollo

Welcome, thank you for joining!

Please type any questions you have using the Q&A feature and Peggy & Erin will address them at the end of their presentation.

If you are interested in joining the Healthy Food Choices in Schools Community of Practice or have any questions, please contact us at: [healthy\\_food\\_choices\\_in\\_schools@cornell.edu](mailto:healthy_food_choices_in_schools@cornell.edu)





# Cooking with Kids

## Building Lifelong Culinary Literacy

Peggy Policastro, PhD, RDN & Erin Comollo, EdD

# Objectives

*At the conclusion of  
this webinar,  
participants will be  
able to...*



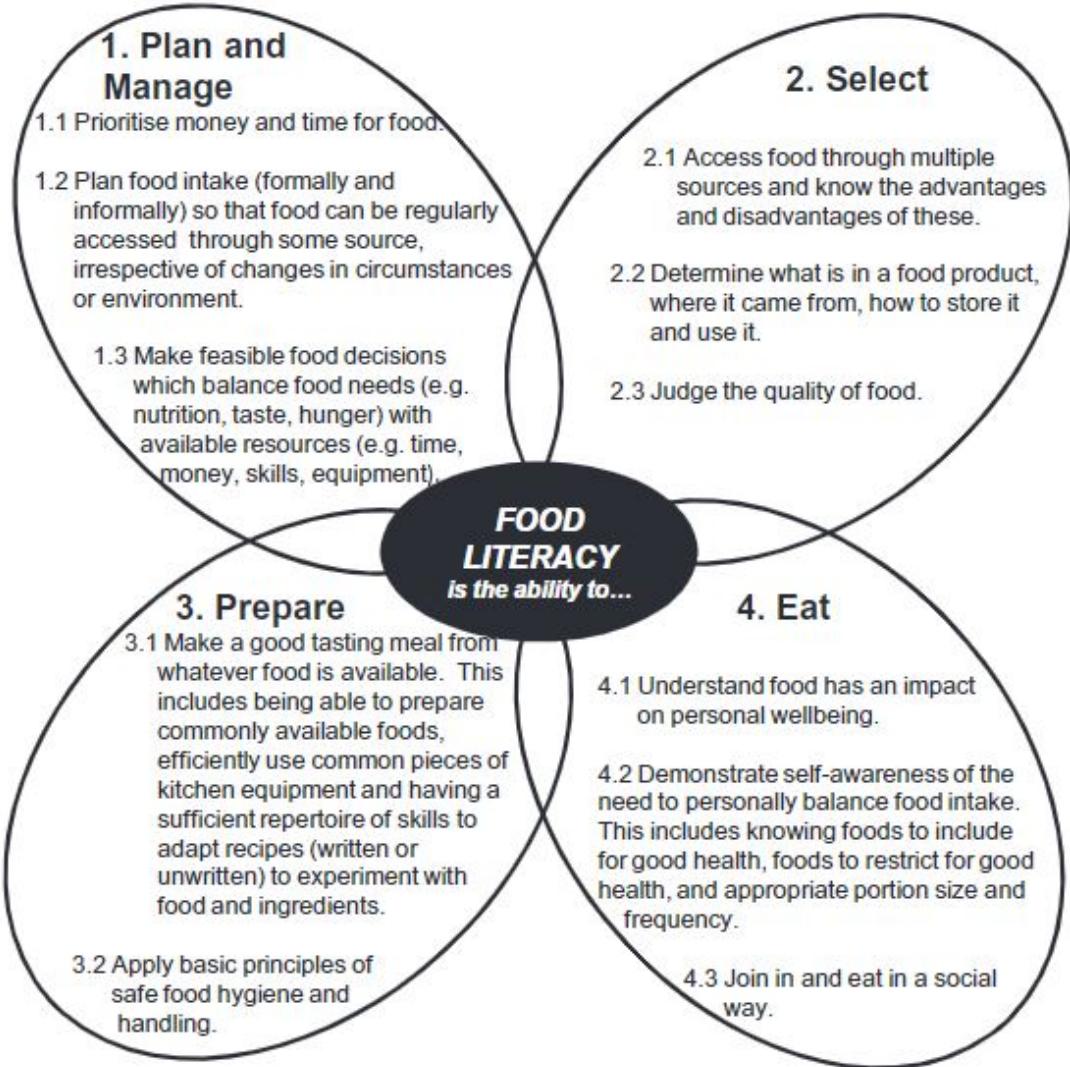
Define culinary literacy



Identify best practices when  
cooking with kids



Locate resources for developing  
a child and family focused  
cooking program



# Prepare

- ▶ Make a good tasting meal/recipe from whatever food is available
- ▶ Knowledge of common pieces of kitchen equipment and their use
- ▶ Ability to adapt recipes
- ▶ Apply basic principles of food safety and sanitation



# What is culinary literacy?

- ▶ *the ability to prepare a meal or snack using commonly available foods and common pieces of kitchen equipment. It is having sufficient skills to experiment with food and ingredients. (Amin, et al, 2018)*

“Watching cooking is not the same  
as doing cooking.”

*A day after watching the Super Bowl, how much better is  
your football game?*



# Why Culinary Literacy with Kids?

A Health Perspective

- ▶ Health and nutrition
- ▶ Sustainability



# A Child Development Perspective

- ▶ Cognitive Skills
  - ▶ Math
  - ▶ Reading
  - ▶ Science
- ▶ Physical Skills
  - ▶ Fine Motor Development
- ▶ Social-Emotional Skills
  - ▶ Cooperation
  - ▶ Executive Functioning

# What can kids do?



## 3-5 years old

Early motor skills  
Hand, food, and utensil washing and cleaning  
They can wash, wipe, mix, pour, brush oil, tear herbs and greens, and cut (cookie cutters or child-safe knives)



## 6-7 years old

More developed fine motor skills  
Utensil safety  
They can peel, break eggs, roll, deseed, scoop, shuck corn, use measuring spoons, form patties, grate cheese/potatoes



## 8-9 years old

Wider ability and skill range  
Food safety is important  
They can open cans, beat eggs, check food thermometers, juice citrus, scrape bowls



## 10-12 years old

More independent kitchen safety  
They can boil, simmer, microwave, bake, slice/chop, follow a recipe



# How to cook with kids

- ▶ Best practices
  - ▶ Keep it simple!
  - ▶ Fail to plan, plan to fail
  - ▶ Be explicit
  - ▶ Multi-sensory approach to instruction
  - ▶ Resist the urge to intervene \*unless it is a safety concern
  - ▶ Have kid friendly equipment and knives
  - ▶ Give each student a task to keep them engaged



New Jersey Healthy Kids Initiative and Kids Cook Monday

<https://vimeo.com/329178273>



## Resources

- ▶ New Jersey Healthy Kids Initiative-  
<https://njkhi.rutgers.edu/>
  - ▶ Follow us on Facebook and Twitter!
  - ▶ Email us:  
[njkidshealth@sebs.rutgers.edu](mailto:njkidshealth@sebs.rutgers.edu)
- ▶ Kids Cook Monday -  
[www.thekidscookmonday.org](http://www.thekidscookmonday.org)
- ▶ Eat Right for Kids -  
<https://www.eatright.org/for-kids>
- ▶ Produce for Kids-  
<https://www.producforkids.com>