

NUTRITION BITS AND BITES

(Kids in the Kitchen/Food exposure)



Just try it!

Imagine. You sit down at the table and in front of you is a food you've never seen before and you're told to 'just try it!' Only the most adventurous will engage in the unknown. Most of us need to become familiar with a new food before we put it in our mouth. What does it look like and smell like? Do other people enjoy it? Becoming familiar with food is an important first step in expanding variety.

Kids in the Kitchen

- Its estimated that 40% of Canadians that eat out regularly do so because of convenience, feel there is no time to cook, or do not know how to cook.
- Getting kids in the kitchen at an early age helps to develop the cooking skills that they need to feel confident in the kitchen.
- Having kids help in the kitchen also helps to increase the acceptability of food. The more a child sees, feels and touches the food, the easier it becomes to eat it.
- Even kids 2-3yrs old can have fun washing fruits and vegetables or smelling herbs and spices.
- As kids grow older, getting them to chop their own vegetables, measure out ingredients or make their own school lunches is a great way to keep them involved and interested in the kitchen.



Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Green Eggs and Ham (Mini Quiches)

Ingredients:

- 1 tbsp vegetable oil
- 1 onion chopped
- 1 (10 oz) pkg of chopped frozen spinach, thawed
- 1 can mushrooms, chopped
- 1 cup diced ham
- 5 eggs, beaten
- 2 cups shredded cheese
- Dash salt
- 1/8 tsp pepper

1. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and mushrooms. Continue cooking until excess moisture has evaporated.
2. In a large bowl, combine eggs, cheese, ham, salt and pepper. Add spinach mixture and stir to blend. Scoop into greased muffin pan.
3. Bake at 350°F (175°C) until eggs have set, about 30 minutes. Let cool for 10 minutes.

Substitute or replace any ingredients to give this recipe your own twist



scan the QR code
for more ideas on how to make
cooking a fun activity for the
whole family.

Get the kids involved! Kids can help:

- crack the eggs
- shred cheese
- rinse the canned mushrooms

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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