

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST  
OF TODAY'S CHAOS



## Cooking with Kids

### Benefits of Cooking Experience



- Children who cook are more willing to try new foods
- Cooking provides opportunities for sensory exploration
- Being familiar with foods and the cooking process develops a feeling of ownership
- Increases a child's likelihood of tasting and even eating foods they help prepare
- Age appropriate cooking experiences build life skills that lead to self-confidence for children

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Source: [http://bkc-od-media.vmhost.psu.edu/documents/HO\\_CookingTogether.pdf](http://bkc-od-media.vmhost.psu.edu/documents/HO_CookingTogether.pdf)

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