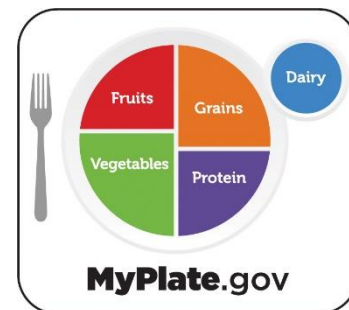




## Tips for Cooking with Children

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*Chef Jamie Oliver has a passion for teaching children how to eat healthier. His "Smashed Salad" recipe was one way he introduced fresh fruits and vegetables to young children. This adaptation uses a variety of fresh fruits and vegetables. Select the fruits and vegetables your family enjoys and have fun!*



For more information check out  
Food Fun for Young Children at:  
<http://go.unl.edu/chi>

### Salad in a Bag

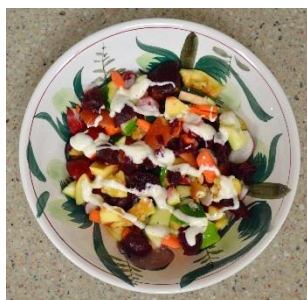
#### Ingredients:

- 1 apple, washed, cored, cut into 8 pieces
- 1 carrot, washed, cut into 8 pieces (or handful baby carrots)
- 1 cucumber, washed, remove seeds, cut into 8 pieces
- 1 handful of radishes, washed, cut into 4 pieces
- 1 handful of cooked baby beets (canned beets could also be used)



#### Directions:

1. Wash hands with soap and water. Place the apple, carrot, cucumber, radishes, and beets into a large self-closing freezer plastic bag. Seal the bag and *gently* hit with a rolling pin.
2. Open the bag and break up any larger pieces. To prevent choking, avoid serving food that is as wide as a nickel or wider. Pour into a serving bowl.
3. Add a little of your favorite dressing and gently toss together — remember to dress it lightly, you can always add more dressing. Enjoy!



**Tips:** Smash beets after the other vegetables to prevent them from coloring all the vegetables. The cucumber and apple can be peeled to make them easier to break apart.

#### Sources:

1. Kids in the Kitchen, Clemson Cooperative Extension, <http://bit.ly/2ctXHSL>
2. Reducing the Risk of Choking at Mealtimes, <https://bit.ly/2XgnCo3>

### Tips for Cooking with Children

- Don't try to cook with children when you are in a hurry – choose a time when you can enjoy the experience.
- Start with simple recipes (less than five ingredients) so your child can see fast results and not get impatient waiting.
- Children will be messy. Allow extra time for clean-up.
- Read through the recipe and decide which steps are appropriate for your child's skill level. You want your child to have a positive experience in the kitchen.