



SALEM HEALTH & WELLNESS PROGRAM

CALL 856-281-0025 for events and SNAP assistance

Cooking with Dad

Cooking is a great activity for Dads and their kids to do together. When you cook together, you will get to eat something yummy, and you will also get to know more about each other.

Here are some fun ways to cook, shop, and eat healthy together:

1. Look in the fridge and cabinets together. What ingredients are there? What can you put together to make a meal you want to eat tonight?
2. Get Stir Crazy! Son or daughter can mix the ingredients in the bowl while Dad pours the ingredients in.
 3. Share the work! Dad can measure out the ingredients and son or daughter can pour them in.
4. Taste Test as a Team. Ask son or daughter how they think the food tastes to help you decide if it is done or needs to cook a little longer, or needs a little more pepper.
5. Go for the Goal Together. You each should have 5-7 servings of fruit and vegetables a day. In the morning, help each other decide which fruits and vegetables you are going to eat to meet the goal! At the end of the day, reflect with each other to see if you met your goal.
6. Be the Review Board . Look at nutrition labels and ingredients lists together. Help son or daughter figure out which item has less fat, less calories etc. Show them how to look at Serving Size and Servings per Container
7. Shopping Scavenger Hunt. Give son or daughter riddles to find items you need: "The next item on our list is in the produce section. It grows in the ground. It is good for eye sight. It is orange and crunchy"
8. Grocery Challenge. Challenge son or daughter to pick out items for a weekday dinner that will cost under \$10 and include 3 of the 5 food groups.

What are the food groups?

See other side to remember food groups we talked about and recipe we made today!

