



Eating the Rainbow

Tips for cooking healthy food with your preschooler.

- **Vegan recipes.**
 - Introduce more variety into your child's diet.
 - Children can taste all ingredients!
- **Avoid all recipes with sugar.**
 - Kids should eat no more than 25g or 6 tsp of added sugar a day; if they eat any packaged food (even bread!) they will easily meet this amount.
 - Coconut sugar or pure maple syrup are the best alternatives, but should still be used sparingly.
- **Best alternatives for a 'sweet treat'.**
 - Bananas
 - Applesauce
 - Coconut oil
 - Unsweetened cocoa powder
- **Break instructions into tiny steps.**
 - Line the muffin tray
 - 'Paint' on the oil
 - Count the scoops or ingredients
 - Whisk the dry ingredients
 - Push the buttons!
- **Pre-measure ingredients.**
- **Put younger children in high chairs.**
- **Start young.**
 - Children's taste buds are shaped from when they are in the womb.
 - If they've only had 'cookies' that you made with them, they will think they are delicious!
- **Teach hygiene**
 - Wash hands before you start.
 - Cover coughs and sneezes.
 - Hands away from the mouth.
- **Bring babies into the kitchen to watch you cook.**
- **Let children 'play' with ingredients if the recipe is too hard.**
- **Let children taste and smell each ingredient separately.**
- **Expect a big mess!**
- **Always have a second set of ingredients in case of a big spill.**
- **Smile and enjoy!**