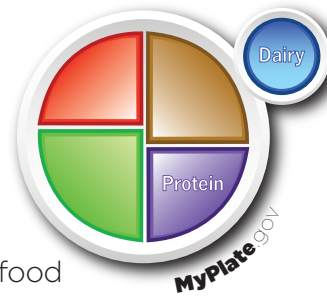


Adventure with Healthy Eating



Nutrition and physical activity go hand in hand. Include healthy eating with your Active Adventure and have fun with your family.

COOKING TOGETHER IS FUN!

Get your kids involved! Involving kids in the cooking process can help them try new foods and learn new skills. Adults should supervise children cooking and teach them food safety basics. Follow these four steps that can help prevent food poisoning at home.



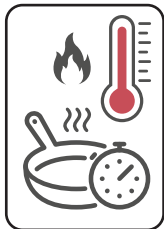
CLEAN

Wash hands, utensils and surfaces (for example, cutting boards, dish cloths and counter tops)



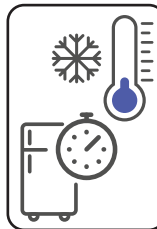
SEPARATE

Separate raw meat, poultry, seafood, and eggs from produce and ready-to-eat foods



COOK

Don't taste food before it is cooked. Cook foods to the proper temperature (for example, 160°F for ground meat)



CHILL

Refrigerate perishable foods quickly (within 2 hours)

Explore these resources to learn healthy recipes and have fun with cooking together as a family:



MyPlate, MyWins:
Real Solutions from Real Families



Healthy Teaching Kitchen YouTube



USDA standardized recipes
for children ages 3-5 and 6-18 years old

SOURCES/ADDITIONAL READING



Age-appropriate tasks for kids



Safe minimum cooking temperatures chart



Food Safety

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