Love Your Kids? Cook with them!

Too busy to spend quality time with your kids?
Invite them into the kitchen.

Studies show time spent together in the kitchen bond families around food traditions.

- Kids learn basic cooking skills, especially boys who may not find themselves in the kitchen as often as girls.
- Kids who help prepare foods make healthier food choices and eat more vegetables.

You are your children’s best role model.
Spend time with them in the kitchen.

Try a simple recipe

Banana Blueberry Pancakes

1/2 cup of sliced bananas
1/2 cup of blueberries
1 1/4 cups of whole wheat flour
2 teaspoons of baking powder
1 egg
1 cup of low fat milk
Oil or cooking spray for your griddle

Wash your fruit. Slice your banana.
Have your child measure the flour and baking powder into one bowl. Then use a second bowl to beat the egg and milk.
Slowly add the flour mixture into the milk and egg mixture. Then add in your fruit.
Use a measuring cup or large spoon to cook about 1/4 cup of pancake batter on a hot griddle. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

Experiment with your child.
Try different fruit. Add a little cinnamon.

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