



**LET'S DO THIS:
A COOKING
JOURNAL
FOR KIDS**



**A GUIDE TO GETTING YOUR KIDS INTO
THE KITCHEN PREPARING AND EATING
HEALTHY FOODS**

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COOKING JOURNAL LOG

NAME: _____

DATE: _____



RECIPE & SOURCE _____

INGREDIENT LIST

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

How long did it take you? Sometimes it takes longer than the recipe says...and that's ok!

TIME REQUIRED 

WHAT IT LOOKED LIKE:

Draw the finished product (or attach a photo)

DIFFICULTY LEVEL

EASY | | | | HARD

WHAT WAS THE BEST PART OF MAKING IT?

WHAT WAS THE WORST PART OF MAKING IT?

Did you get to squish batter with your fingers? Did the herbs smell nice?

Did it take a long time to cook? Was the garlic stinky?

DESCRIBE THE TASTE:

Was it salty? Sweet? Savoury? Did it taste how you thought it would?

RATING:

★ ★ ★ ★ ★

WHY THIS COOKING JOURNAL IS IMPORTANT

WE NEED TO GET KIDS COOKING AGAIN

- If we don't teach kids to cook, they'll rely on the food industry to eat!
- Children who learn cooking skills are more likely to choose fruits and vegetables and to enjoy them vs. children who never participate in meal prep.*
- Familiarity with foods brings acceptance - the more times a child sees and/or interacts with a food, the more likely they are to try it.**



Food Prep is an essential life skill all kids (and adults!) need to learn.



Sometimes just omitting a spice can take a dish from a flop to a hit.

WHY YOU NEED THIS WORKBOOK

- Keeping a record of what you've learned helps with problem solving and developing a sense of accomplishment.
- If you're a parent, you forget stuff all the time (to run the dishwasher, buy the birthday gift, pick up your kids from school - yes, I've done this). Keeping a record of what you've made and whether or not anyone liked it helps you determine the flavours that work best for your family.

TIPS FOR USING THIS JOURNAL

- Get a binder to keep all your cooking journal logs organized.
- Print out extra copies of the journal log worksheets.
- Choose a time that works for you to cook together each week - try to plan it a week in advance!
- Start with **very simple** recipes/food prep - easy wins lead to enthusiastic chefs-in-training.
- Fill out the logs each time you prepare something new.
- Track your progress in cooking ability.
- Track your family's taste preferences over time. Use this knowledge to help choose recipes that will be a hit.



*<https://www.sciencedaily.com/releases/2012/06/120627103352.htm>

**https://www.researchgate.net/publication/223234734_The_Role_of_Familiarity_in_Dietary_Development

GETTING STARTED - SNACK ASSEMBLY IDEAS

- Here are 2 very simple recipes that involve assembling a simple snack (no measuring/cooking required).
- There are many potential combinations you can make to explore and discover new tastes.



TRAIL MIX

- A perfect first recipe because it is virtually no-fail.
- Step 1: Gather a bunch of little bowls/containers.
- Step 2: Add different things from the ingredient list below to each bowl and let kids mix up their own trail mix.

TRAIL MIX INGREDIENTS:

- Nuts: almonds, peanuts, walnuts, pistachios, cashews, etc.
- Seeds: sunflower, pumpkin
- Dried Fruit: raisins, craisins, goji berries, mulberries
- Coconut Chips - plain or flavoured
- Chocolate Chips, Smarties, M&Ms, etc.

Let's start with some simple projects to set us up for success!

PARFAIT

- Another simple "assembly-style" recipe.
- Step 1: Gather a bunch of little bowls/containers.
- Step 2: Add different things from the list below to each bowl and let kids mix up their own parfait.

PARFAIT INGREDIENTS:

- Plain yogurt (any type), sweetened with honey/maple syrup
- Nuts: almonds, peanuts, walnuts, pistachios, cashews, etc.
- Seeds: sunflower, pumpkin
- Granola - any flavour...Nature's Path is a nutritious brand.
- Fresh Fruit: berries, mango, and banana work best.



kids like assembling these in fancy glasses or bowls.

GETTING STARTED - SOME BASIC RECIPES

- Here are 2 very simple recipes that even the youngest children can help prepare.
- Both recipes have many possible ingredient combinations to create different flavours to explore.

FRUITY CHOCOLATE SMOOTHIE

Smoothies are a great way to introduce new fruit flavours to your kids. Plus they're a cinch to make. Just blend, pour, sip! Experiment with different fruit combinations.

Ingredients - No instructions (just blend everything in a blender until smooth!):

- 1 cup milk
- 1 cup any combination of: strawberries, raspberries, banana, orange
- 2 ice cubes (if using frozen fruit, cut it to 1 ice cube)
- 2 tsp honey
- 1-2 tsp cocoa

If using banana as your fruit, try adding 1 tbsp peanut butter or almond butter. Yum!

Healthier than the majority of commercially prepared smoothies out there.

EASY ENERGY BALLS

Energy balls are another easy recipe that are quick to make and can be used to introduce new flavours such as different nut and seed butters and darker chocolate chips.

Ingredients:

- 1 cup rolled oats
- 2/3 cup unsweetened shredded coconut
- 1/2 cup ground flaxseed
- 1/4 cup honey
- 1 cup any nut or seed butter
- 1 tsp vanilla
- 1/2 cup mini chocolate chips

Instructions:

1. Mix everything in a large bowl. Using your hands is best as it gets sticky!
2. Refrigerate for 20 minutes (optional - makes batter easier to handle)
3. Roll into little balls and enjoy!

Try hazelnut butter for a "Ferrero Rocher" type flavour

Remember to keep track of your favourite flavours in the cooking journal!

STAY TUNED!

A complete guide to cooking with kids, including 30 original recipes will soon be available! Until then, follow along with me for tips to get healthy in the kitchen...

www.instagram.com/shawnahughesnutrition

www.facebook.com/shawnahughesnutrition

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