7 Days of Cooking Fun

0- ‘Ohana goal (Why do the activity?) Family Goal

1st step in helping your keiki with healthy eating habits, is to be a role model by making healthy choices and speaking positively about healthy food to your keiki. One way to do the 1st step while having fun is cooking together to make a healthy meal.

Cooking together will also help with kula (school) success. Cooking builds many educational skills such as:

- **Literacy & Language**: Builds reading comprehension skills by being able to read to understand step by step directions. Communication skills are built as you and your keiki have discussions while cooking.
- **Mathematical Skills**: Math may be found through counting items, measuring food, and following sequence or pattern in the recipe. Addition, subtraction, or multiplication may be used if you may have to double or half a recipe.
- **Science**: Cooking is a hands-on science experience, which they may see cause and effect. Keiki may use their kilo (observation) skills to see what changes happen to food such as taste or appearance.

**Benefits:**

- Include your child in each step for cooking this may help expand their interest in trying new healthy foods.
- Cooking is a life skill your keiki will take with them into adulthood 😊
Cooking with your child is a time to bond and helps them to learn to be independent to cook for themselves. Start with easy fun recipes to build your child’s interest in cooking. Use food the ‘ohana enjoys eating. Plan to try one recipe a day for one week as an ‘ohana.

**Begin the fun:**
1. Pick a recipe
2. Gather food needed
3. Gather kitchen tools and utensils needed for cooking such as pots, spatula, wooden spoon, or etc.
4. Now begin the cooking magic!

**Tips:**
1. Find recipes they can make on their own.
2. Each day find a recipe you can make together.
3. Shop together to find foods for new recipes.
4. Enjoy the time together cooking.

**Reflective Question(s):**
- What is your favorite holiday recipe?
- What do you enjoy about cooking?
- What ingredients can you change in a recipe to make it healthier?

**Extension Activities:**
- Try the recipes below to start the cooking fun
- Learn together recipes from other ‘Ohana
- Try to recreate your favorite restaurant recipe
Resources:

Recipe from Raddish Kids

"Choose Your Color" Rainbow Smoothie
Take a simple smoothie base and turn it any color of the rainbow!

Ingredients:

I banana
0.5 cup yogurt
0.5 cup milk
1 cup ice
1 Tbsp honey
1 cup of colorful fruit or veggies (see Step 2 below)

Steps:

1. Add banana, yogurt, milk, ice, and honey to blender.

2. Select your smoothie color.

3. Add your chosen colorful ingredient to blender and blend until smooth. TASTE & SHARE!
Recipe from **Raddish Kids**

**You Pick! Popcorn Mix**

Follow the equation below to create your own popcorn mix.

1 cup popcorn + ½ cup nuts or seeds + ½ cup dried fruit + ¼ cup healthy sweets + seasoning

- peanuts
- sunflower seeds
- pumpkin seeds
- almonds
- cranberries
- banana chips
- raisins
- dark chocolate chips
- coconut flakes
- 1 tsp melted butter
- ½ tsp salt
- 1 tsp cinnamon sugar mix

Stir together your chosen ingredients in a bowl. TASTE & SHARE!

Recipe from **They Draw and Cook**

**Peach Mango Salsa**

Howdy! What y'all will need:

- 1 peach
- 1 mango
- 3 jalapeno peppers
- ½ cup cilantro
- 1 tsp sugar
- 1 tsp olive oil
- 1 tsp salt
- ½ sweet onion
- 3 tomatoes

Clip and chop:

MIX

Refrigerate!

Serve with chips!

“Sweet as can be, this salsa’s for me!”

Have a mini fiesta in just 4 easy steps!
Recipe from *They Draw and Cook*

Recipe from *Eats Amazing*

**Rainbow Fruit Kebabs**

**Method**

- Wash the strawberries, grapes and blueberries in cold water.
- Cut the tops off the strawberries.
- If the strawberries are big, cut them in half.
- Put all the fruit into bowls.
- Arrange bowls by fruit colour.
- Thread onto skewers.
- Serve and enjoy!

**Ingredients**

- 1 kiwi fruit (peeled and chopped)
- \( \frac{1}{2} \) mango (peeled and chopped)
- strawberries
- red grapes
- blueberries
Recipe from *Downtown Tumblr*

So! Let's make **BANANA ICE CREAM**!

**FIRST:**
- Peel + Slice a BANANA.
- Put it in the Freezer for an hour or two.

**SECOND:**
- Put the frozen slices in a BLENDER or FOOD PROCESSOR.
- Pulse! Blend until it goes from CRUMBS to smooth and CREAMY.

**THIRD:**
- Mix in some PEANUT BUTTER or CHOCOLATE CHIPS - or both!

**ENJOY!**
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<tbody>
<tr>
<td><strong>1</strong></td>
<td>Buy apple</td>
<td>Ka ‘āpala</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Buy yogurt</td>
<td>Ka waiūtepe</td>
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<tr>
<td><strong>3</strong></td>
<td>Knife to cut apple</td>
<td>Ke pahi</td>
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<tr>
<td><strong>4</strong></td>
<td>Cutting board- Cut apples on board</td>
<td>Ka papa ‘oki mea ‘aī</td>
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<tr>
<td><strong>5</strong></td>
<td>Cup for yogurt</td>
<td>Ke kī‘aha</td>
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<tr>
<td><strong>6</strong></td>
<td>Spoon yogurt into cup &amp; begin dipping fun</td>
<td>Ke puna</td>
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