

INSPIRING GRANDCHILDREN TO BECOME GRAND COOKS

February 25, 2025



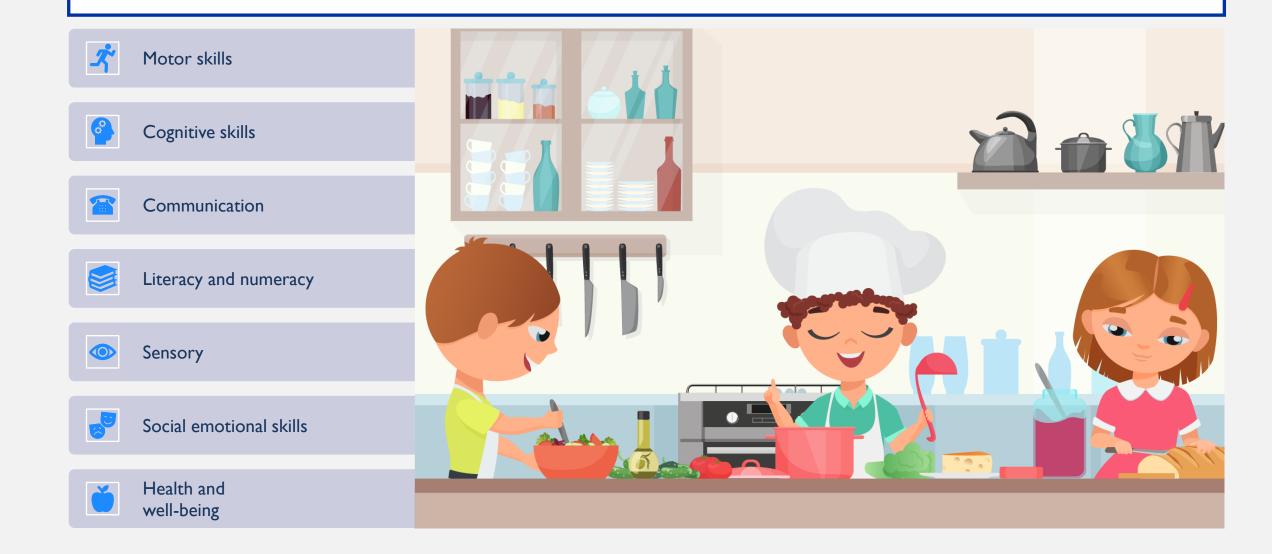
TODAY'S TOPICS

- Highlight benefits of older adults and children cooking together.
- Discuss developmentally appropriate ways to involve children in the kitchen.
- Create a plan for working in the kitchen with children.

TELL US ABOUT A FAVORITE FOOD FROM YOUR CHILDHOOD



COOKING EXPERIENCES SUPPORT CHILD DEVELOPMENT





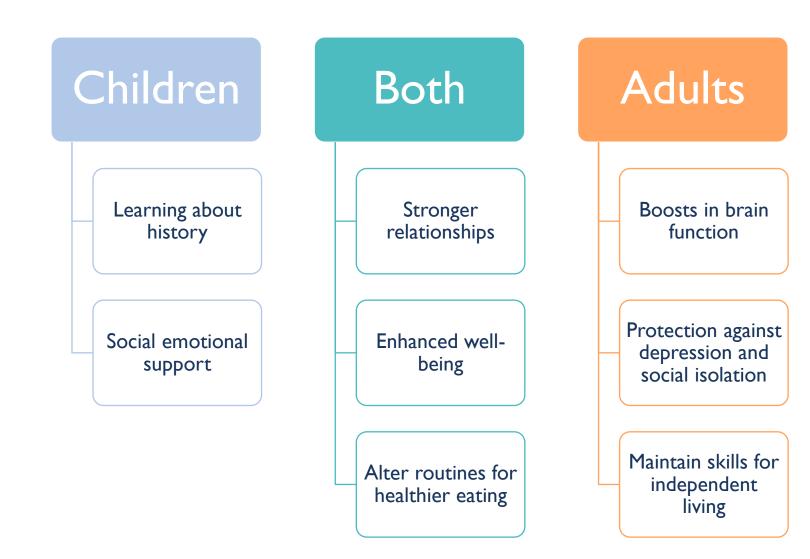
WILL COOKING SKILLS WILL BE LOST IN YOUNGER GENERATIONS?

- Changes in culture, family structure, and food costs
- Fewer school programs
- Barriers to community cooking classes

OLDER ADULTS CAN TEACH COOKING SKILLS

You just need to share time, patience, and experience

BENEFITS OF COOKING TOGETHER



HOW DID YOU BENEFIT FROM COOKING WITH A SPECIAL OLDER ADULT?



SET CHILDREN UP FOR SUCCESS

Match cooking tasks with their development

WHAT IS AN APPROPRIATE AGE FOR EACH TASK?

PLANNING TO WORK WITH CHILDREN IN THE KITCHEN

- Start by setting ground rules around safety.
- Engage in conversation.
- Work through the mess.
- Make it a habit.



CREATING A PLAN



GIVING CHILDREN TIME, SPACE, AND SUPPORT TO GAIN CONFIDENCE IN THE KITCHEN YIELDS PRICELESS EXPERIENCES THAT WILL LAST A LIFETIME.

WRAP-UP



 Please take a moment to tell us about your experience



Copyright © 2024 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice. Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.