

Wellness Articles

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Unleash creativity and learning in the kitchen

Are you wanting to encourage your children to try new foods? Get them involved in preparing snacks and simple meals.

Having fun when preparing food doesn't need to be complicated. Take bananas, for instance. They are a nutritious snack that can easily be transformed in the kitchen.

A few suggestions:

- Try baking a banana.
 - Slice a lengthwise slit in the peel, roughly halfway into the fruit, to make a banana boat. Stuff some nut or pea butter or a few chocolate chips into the fruit (which is still inside the peel).
 - Once it is stuffed to satisfaction, wrap the whole banana in tinfoil, then pop it into the oven at 350°F (180 C) until the middle is gooey.
 - Unwrap from the foil, let cool to avoid burns, and dive into the caramelized banana with a spoon.
- Make an open-faced mini-sandwich or canapé (if you're feeling fancy). Start by peeling and slicing a banana into circles. Then ask your child about what they might like to put on the slices.
 - Try peanut or soy butter and sliced strawberries for a twist on the classic PB&J sandwich.

- Make a face out of the tiny slices using raisins for eyes.
- Use the slices to try out new spices. Try a sprinkle of cinnamon or nutmeg to explore aromas and tastes.

Engage your kids in discussion about what they are eating. Try this tactic to encourage your children to try new foods, too.

- What does the texture feel like in their hands and mouths?
- Do they taste sweet, bitter, or salty?
- What flavours might pair well with it?

Kids love to be involved and spend time with their families. Learning about different foods is a great way to support learning, encourage new tastes and stimulate creativity.