



# Family Fun in the Kitchen

## Winter

### Promote kitchen navigation skills

- Assign each child one or two tasks at a time. Give them different tasks each time they help.
- Practice these basic kitchen skills with your child: reading a recipe, using measuring spoons and cups; draining canned foods and pasta; mixing batters, and cutting vegetables.

### Safety first

Teach children how to use the microwave oven safely.

- Review the manufacturer's instruction booklet together.
- Don't operate the microwave when it's empty.
- Cover containers with waxed paper or lid to reduce clean-up.
- Use only microwave-safe ceramic dishes or glass containers.
- Do not place metal or foil in the microwave.
- Stir food part-way through the cooking process to distribute heat evenly.
- Don't put disposable take-out containers in the microwave.
- Clean up spills as they occur.

### Let everyone help

All ages can have fun in the kitchen. Children who are 6 to 8 years of age can handle these tasks:

- Beat ingredients with a whisk.
- Find ingredients in a cabinet.
- Make a salad.
- Begin to learn how to use a sharp knife (with adult supervision).
- Help plan the meal.
- Roll and shape cookies.

### Recipes to try

#### Stuffed Potato for One

You will need:

- 1 medium baking potato, sweet potato or yam
- 1/4 cup chopped vegetables (green pepper, cooked carrot or broccoli, corn, tomato, or other choice)
- 2 tablespoons salsa
- 2 tablespoons shredded cheese

What to do:

1. Wash your hands. Wash the potato. Poke holes in it with a fork.
2. Cook potato in microwave oven on HIGH for 3 to 4 minutes.
3. Cut potato in half and add vegetables, salsa, and cheese.

*Nutrition Facts for 1 stuffed baking potato:*

280 calories (45 calories from fat), 5g fat, 3g saturated fat, 15mg cholesterol, 180mg sodium, 53g total carbohydrate (6g dietary fiber, 4g sugars), 9g protein.

*More topping choices:* chili, baked beans, spaghetti sauce, scrambled eggs, chopped ham

**FIND MORE RECIPES at this Web site—**  
[www.extension.iastate.edu/food](http://www.extension.iastate.edu/food)

### Winter fitness ideas

Physical activity can improve your mood, increase your energy level, and help you sleep better.

- Use your knees—not your back—when shoveling snow.
- Explore favorite summer walking trails; look for animal and bird tracks; practice tree identification.
- Make snow people.
- Try cross-county skiing, ice skating, broomball, or other winter sports.

### Trail Mix

Makes 16 servings, 1/2 cup each

You will need:

- 2 cups unsweetened cereal (such as Cheerios®, Wheat Chex®, Fiber One®, Cracklin' Oat Bran®, or All Bran®)
- 2 cups sweetened cereal (such as Honey Nut Cheerios®, Frosted Mini-Wheats® or Life®)
- 2 cups small pretzel twists
- 1 cup dried fruit (raisins, dried cranberries, dried apricots, or dried pineapple, chopped into small pieces)

What to do:

1. Wash your hands.
2. Mix together all ingredients in a large bowl.
3. Measure 1/2-cup amounts into snack-size plastic bags. Store in cupboard for about 1 week or in freezer for several weeks.

*Nutrition Facts per 1/2 cup:*

87 calories (7 calories from fat), 0.8g total fat, 0.1g saturated fat, 0mg cholesterol, 183mg sodium, 19g total carbohydrate (2g dietary fiber, 8g sugars), 2g protein

### Now's the time

- Enjoy orange, yellow, and red fruits (oranges, grapefruit, tangerines, tangelos, apples, cranberries).
- Make soups and stews using potatoes, yams, or winter squash.

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