

Family Time

Mealtime is often the only time during the day that families are together. According to a study performed by the American Academy of Pediatrics, eating at least 3 meals a week with your family (where at least one parent is present and the meal is prepared at home) is associated with healthier kids.



Sometimes eating together as a family can be challenging.

Here are some tips that may help make family eating easier and less stressful:

- Freezer cooked meals
- Crockpot meals
- Using paper products

Sharing family recipes and secrets passed down from one generation to another can build great family traditions. Therefore, cooking with your child will not only help him/her learn about their family, but teaches them basic cooking techniques they can use throughout the rest of their lives.

Benefits of eating with your family:

- Prevents excessive weight gain
- Teaches children better food choices
- Prevents eating disorders
- Improves social-emotional health
- Helps children deal with cyberbullying
- Children are less likely to smoke, drink alcohol, and use drugs
- Creates stronger family bonds

Cooking With Your Kids

Children who cook meals with their family:

- Learn great practical skills
- Learn how to work as a team
- Are more willing to try a variety of foods
- Feel like they are accomplishing something and contributing to the family
- Have higher self esteem
- Spend more quality time with their family
- Are more likely to sit down to a family meal because they helped prepare it
- Practice using their creativity and imagination
- Spend less time playing games, watching TV, or asking for junk food.

*Children should limit their TV time to 1-2 hours a day. Eating while watching TV increases your chance of being obese.

Having your child with you in the kitchen could be messy, but be patient and have fun.

Don't forget to:

- Make sure an adult is in the kitchen at all times
- Teach your child to point sharp edges away from their body
- Always keep them aware of hot surfaces and pots/pans



Recipes

Kids' DIY Turkey Muffins

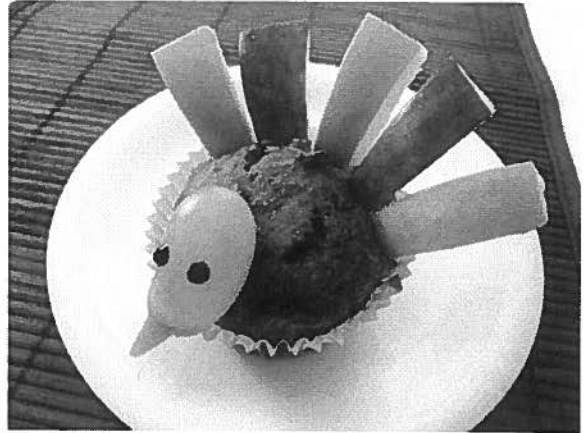
Serves 24

Ingredients:

1½ c. Whole wheat flour
1 c. All-purpose flour
1½ tsp. Baking soda
1¼ tsp. Salt
1¼ tsp. Ground cinnamon
1 1/8 tsp. Ground nutmeg
¾ tsp. Ground cloves
½ tsp. Ground ginger
1½ c. Sugar
2/3 c. Canola oil
½ c. Water
3 Eggs
1 Can (15oz.) Pumpkin (not pumpkin pie mix)

Turkey decorations:

Red apples
Green Apples
Grapes
Slivers of carrot
Squeezable icing - eyes



Directions:

1. Heat oven to 350°F. Place paper baking cups in each of 24 regular-size muffin cups.
2. In a large bowl, mix flours, baking soda, salt, cinnamon, nutmeg, cloves and ginger; make a well in center of mixture. In medium bowl, stir sugar, oil, water and eggs with whisk. Stir in pumpkin; add to flour mixture, stirring just until moistened. Divide batter evenly among muffin cups.
3. Bake 25 minutes. Cool 5 minutes; remove from pans to cooling racks.
4. Cut apples into slices. And square-off the ends. Poke slices into muffin as feathers. Cut a thin slice of carrot for the beak. Make a slit in the end of a green grape and insert beak into grape. Place grape on muffin as the head, resting on the muffin paper. Using the icing, draw dots on grape as eyes.

One Pot Tuna and Broccoli

Serves 6

Ingredients:

8oz. pasta, uncooked
15oz. tuna chunks in water, drained
1 head of broccoli, cut into florets
¾ c. sour cream
1 Tsp garlic powder
1 Tsp onion powder
Salt and pepper, to taste



Directions:

1. Using a large pot with water, bring water to a boil. Add the pasta and cook for 10 minutes. Add the broccoli and cook for another 2 minutes, stirring occasionally. Drain water.
2. Add the tuna, stir well. Add the sour cream and seasonings to taste; mix until well combined.
3. Serve and Enjoy.

Family Activities



- Let your child plan menus with you
- Have your child go grocery shopping with you and pick out ingredients that will make a meal
- Go on family walks
- Go on a hike



- Take a family bike ride
- Go bowling

- Play at the park
(frisbee, tag, catch)
- Swim at the beach/pool



References:

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