

Living Well Tip of the Week

Cooking With Children

Why it's so important to spend time in the kitchen with your children -- and how you can get started.

Parents, grandparents, and youngsters cooking together in the kitchen, sharing family recipes and secrets passed from one generation to the next, is a lost art in many households across America. These days, it's hard for busy parents even to take time out to teach their kids basic cooking techniques.

Encouraging kids to try healthier foods isn't the only benefit of cooking as a family. Among the recommendations in an American Heart Association report on overweight problems in children and teens were:

- Reducing the number of meals eaten outside the home.
- Having structured times for family meals.
- Offering healthier, low-calorie foods.
- Involving children in meal planning, shopping, and food preparation.
- It encourages kids to try healthy foods.
- Kids feel like they are accomplishing something and contributing to the family.
- Kids are more likely to sit down to a family meal when they helped prepare it.
- Parents get to spend quality time with their kids.
- Kids aren't spending time in front of the TV or computer while they're cooking.



Find FREE resources and tools available to you and your dependents that will help you plan meals with your children/love ones at our Living Well Health Manager powered by WebMD at www.webmdhealth.com/ut

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