

Cool Tips for Parents

There are lots of ways you can make mealtime special and make the most of time in the kitchen with your child.

For example:

- Involve your child in planning family meals and talk about the importance of eating balanced meals.
- Ask your child to help you prepare family meals. He or she can read the recipe instructions and measure and mix ingredients, prepare baking pans, etc.
- Play simple math games as you cook. While he or she is helping you measure, your child can practice counting, weighing, measuring, and working with fractions.
- Finally, make grocery shopping a family activity, too.

For additional tips, recipes, activities and more, visit the [Cool Food for Kids Cafe](#).

Content provided by [The National Frozen & Refrigerated Foods Association \(NFRA\)](#).