



Cooperative
Extension Service



INSPIRING GRANDCHILDREN
TO BECOME
GRAND COOKS



February 25, 2025



TODAY'S TOPICS

- Highlight benefits of older adults and children cooking together.
- Discuss developmentally appropriate ways to involve children in the kitchen.
- Create a plan for working in the kitchen with children.

TELL US ABOUT A
FAVORITE FOOD
FROM YOUR
CHILDHOOD



COOKING EXPERIENCES SUPPORT CHILD DEVELOPMENT



Motor skills



Cognitive skills



Communication



Literacy and numeracy



Sensory



Social emotional skills



Health and well-being





WILL COOKING SKILLS WILL BE LOST IN YOUNGER GENERATIONS?

- Changes in culture, family structure, and food costs
- Fewer school programs
- Barriers to community cooking classes

An elderly woman with grey hair, wearing a light-colored t-shirt and a striped apron, is leaning over a kitchen counter. She is smiling and looking down at a young boy with short brown hair, who is also looking down at a large black tray filled with green beans and sliced mushrooms. The woman's hand is on the tray, and she appears to be guiding the boy. The background shows a kitchen with a refrigerator covered in photos and notes, and various kitchen items on the counter.

OLDER ADULTS CAN TEACH COOKING SKILLS

You just need to share time, patience, and experience

BENEFITS OF COOKING TOGETHER

Children

Learning about history

Social emotional support

Both

Stronger relationships

Enhanced well-being

Alter routines for healthier eating

Adults

Boosts in brain function

Protection against depression and social isolation

Maintain skills for independent living

HOW DID YOU
BENEFIT FROM
COOKING WITH A
SPECIAL OLDER
ADULT?





SET CHILDREN UP FOR SUCCESS

Match cooking tasks with their development

WHAT IS AN
APPROPRIATE AGE
FOR EACH TASK?

PLANNING TO WORK WITH CHILDREN IN THE KITCHEN

- Start by setting ground rules around safety.
- Engage in conversation.
- Work through the mess.
- Make it a habit.



CREATING A PLAN



A warm, brightly lit kitchen scene where an elderly woman with short grey hair and glasses is leaning over a table, smiling as she helps three young children. The children, two girls and one boy, are focused on preparing a pizza. One girl is spreading sauce, another is adding toppings, and the boy is looking on. The table is covered with a white cloth and has a pizza, a bowl of sauce, and fresh herbs. The background shows a kitchen with various utensils hanging on the wall and a window with flowers.

**GIVING CHILDREN TIME, SPACE, AND SUPPORT TO
GAIN CONFIDENCE IN THE KITCHEN YIELDS
PRICELESS EXPERIENCES THAT WILL LAST A LIFETIME.**

WRAP-UP



- Please take a moment to tell us about your experience



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