



Dart's Dish on healthy eating!

Dinner Time Helpers

Materials: Large serving utensils, plastic knives, measuring cup, measuring spoons, and pitcher with lid

Age: 3+

Directions: When preparing dinner, have your child help with dinner preparation and serving. Help them to chop foods, measure ingredients, set the table, and serve food.

Importance: This activity will help children feel important, helpful, and connected to the family. It will allow them to feel and smell the foods being prepared and make a positive connection with a variety of different foods and ingredients. It will also help them to better understand how to prepare their own healthy meals for the future.

FAMILY ENGAGEMENT