

A photograph showing children in a kitchen setting. One child in the foreground is using a green-handled peeler to peel a yellow potato. The peels are falling onto a red cutting board. Other children are visible in the background, also engaged in food preparation. The scene is brightly lit, suggesting an indoor kitchen environment.

Curious Chefs: Educating Kids on Safe Food Practices and Mindfulness Through an Interactive Cooking Experience

A webinar with
Yaffi Lvova, RD, contributing
author for *Discover Mindful
Eating for Kids, Second Edition*

Yaffi Lvova, RDN



Public Speaker, Author
Chandler, Arizona

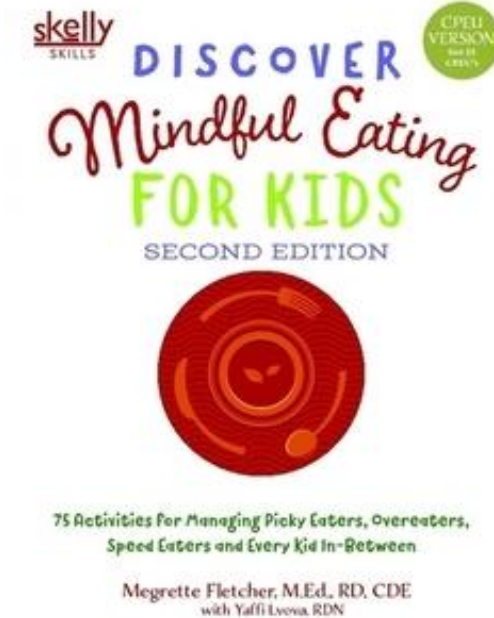
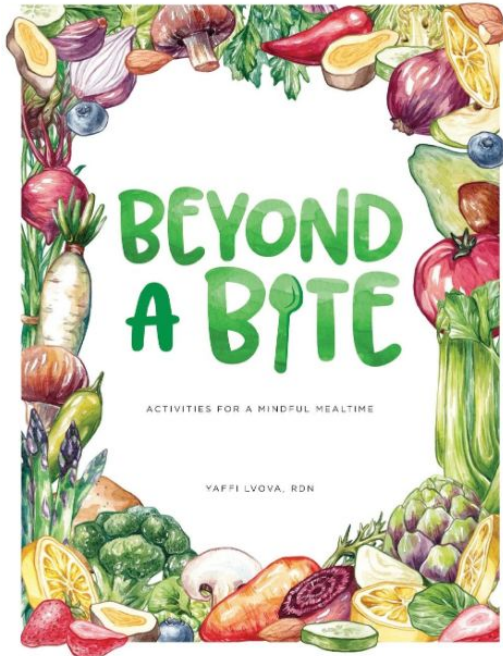
[Toddler Test Kitchen](#)™

Nap Time Nutrition ® [YouTube](#) and [podcast](#)

[Save My Sanity: nutritional
confidence for the busy parent](#)

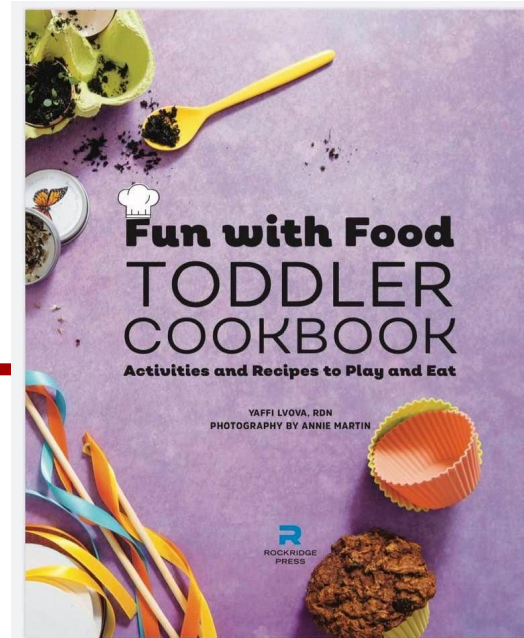
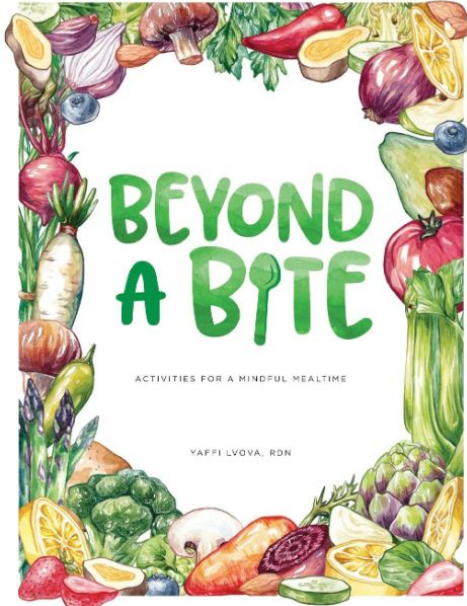
[Beyond A Bite - activities for a
mindful mealtime](#)

Yaffi Lvova, RDN



Coming soon...

Beyond a Bite Neurodiverse Edition:
Joyful Activities for Sensory Food Exploration



skelly
SKILLS
Building
Better
Dietitians

Yaffi Lvova, RDN



Disclosure to Participants

Notice of Requirements For Successful Completion

Please refer to learning goals and objectives

Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

Conflict of Interest (COI) and Financial Relationship Disclosures

No conflicts to disclose

Learning Objectives

At the conclusion of this webinar, the learner will be able to:

1. Guide and instruct children of all ages on safe food handling practices and healthy kitchen hygiene.
2. Use a gentle and fun approach to promote curiosity and mindfulness in both cooking and eating among children of all ages.
3. Utilize creativity and positive dialogue in the kitchen space to engage children in food and recipe preparation.
4. Demonstrate strategies and dialogue for parents to confidently involve children in food selection and preparation.

Poll

How many of you have held community cook-alongs?

- 1) I haven't done any
- 2) I've done some in-person
- 3) I've done some virtually
- 4) I've done both in-person and virtually

Benefits of DMEK Activities

- Easy, little to no prep work
- Use household items and common foods

- Fun
- Loud
- Direct
- Confidence-boosting



WWWAPS!

A fun activity to teach kids about food safety.

Wash your hands

Wash the countertop

Wash the food

Assemble your ingredients

Prepare your food

Savor your meal



WWWAPS!

Fun ways to celebrate food safety:

- Handwashing song
- Scrub tub with veggie scrubbers
- Discuss colors, shape, size, texture
- Explore floating and sinking
- Discuss which part of the plant the produce comes from



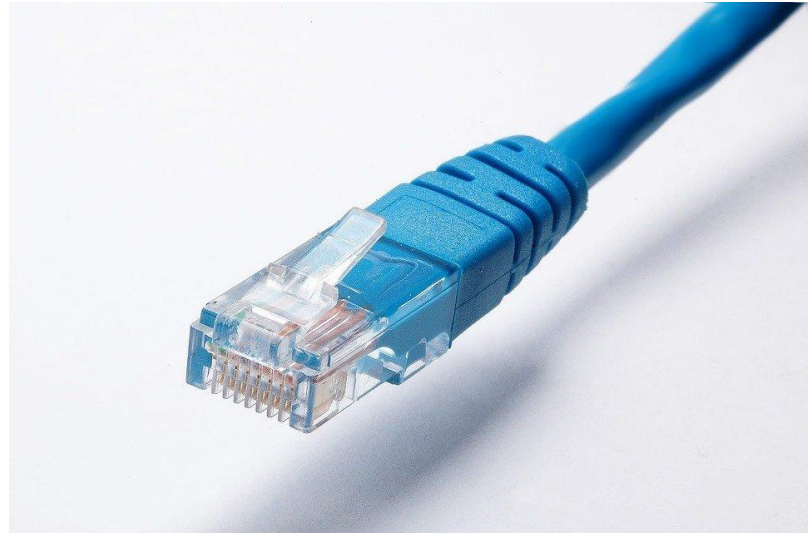
Things to keep in mind...



Internet Connection

Plug directly into the router with an ethernet cable

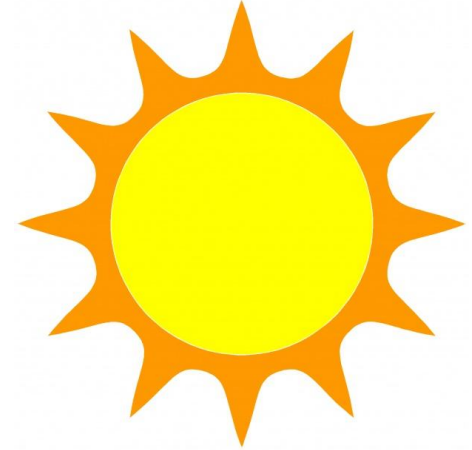
You may need an adaptor



Lighting

Natural light is best.

Ring or lightbox may be necessary.



Sound

Airpods

Microphone



Video

Laptop video

GoPro

Pro Stream Webcam



Order of the Class

- 1) Welcome
- 2) Review the concept and rules
 - a) Muting and unmuting
 - b) What to do if you have a question or want to show your creation
- 3) Handwashing
- 4) Knife skills



More Tips

Mind your background

Use clear bowls

Keep your own directions nearby

Make sure you have fun talking points and/or activities ready



Talking Points

Where did this ingredient come from?

How did it get here?

What color is it?

How does it grow?

What are some other foods that grow the same way?

Will this item sink or float?

Is this food crunchy? Soft? Creamy?



Increasing Engagement with Audience

“Unmute yourself and everyone shout your favorite color, all at once!”

“Do you think this cherry tomato will sink or float?”

“Can you draw a cucumber and hold it up to the camera?”

“Who can crunch the loudest?”

“What do you want to make next time?”



Increasing Engagement with Kids

Advise parents to use this as an opportunity to have some fun.

Use hand-over-hand technique with younger kids.

Cook alongside your older child, either alternating actions or doing them all together.

“What do you think goes well with this dish?”

“What was your favorite part of class?”



Increasing Engagement with Kids

Wear matching aprons and use the same equipment.

Plate the food after class, and stage a photo-shoot!

“I can really taste the lemon zest! What can you taste?”

“What was your favorite part of the cooking class?”

“I really loved cooking with you. What do you want to make next time?”



Let's Get Cooking!



skelly
SKILLS
Building
Better
Dietitians

Questions?



skelly
SKILLS
Building
Better
Dietitians

Thank You for Attending!

- You can email me at yaffi@babybloomnutrition.com
- Sign up for my e-newsletter at babybloomnutrition.com
- Consider [*Discover Mindful Eating For Kids \(25 CPEUs\)*](#), at SkellySkills.com for more fun and engaging mindfulness activities
- Live attendees: You'll get a link to the feedback survey in an hour/CE Cert tomorrow

