

Healthy Cooking With Daddy

Description

Finally, the time has come to teach our little girl the ways of healthy cooking! In our house, pants are optionalâ€™.



Iâ€™ve thought of this before she was even born, and it warms my heart now that itâ€™s becoming a reality. Oh, wait, thatâ€™s my shirt on fire!!

Okay, all better. So sheâ€™s not exactly ready to start slicing and dicing ingredients, but with a little help, she can add spices pretty well.



This was us making a lunch for Mommy to bring to work. Now if she calls sweating from a little *too* much cayenne, I can blame Avery. She knows that we add fresh ground black pepper to all of our meals and made sure she had a “hand” in that part too.



I had to hold the dish lower since her new non-slip [Froggie Step Stool](#) is not quite high enough for her to reach the counter. It’s called the Mommy’s Helper Step Up Froggie Stool, but looks like we just changed that to *Daddy’s Helper*, huh? Time for a product name change!

Product naming conventions aside, our growing toddler is using her stool for potty training and cooking training. Yes, we use a butter knife to stir in this house, but don’t worry, I was supervising.



I usually tackle several meal preps at a time, so I took the time to get her dinner plate ready as she posed for the camera. Or maybe she was watching the cat walk byâ€¦!



Either way, she gets so excited if I ask her to help me, and even though she has a wayâ€™s to go before I can really trust her to do a few simple things, this is how it starts. For anyone who has cooked with kids, Iâ€™m sure you know they are more likely to eat the healthy food if they have a roll in helping prepare/cook it. This includes quality control of whatever we make.



And the verdict?



It's an underwear-iffic win for dinner tonight!

Avery continues to put a smile on our face every day, and she seems to learn/grow more faster than we can keep up with. Soon, she'll be stating things to us that we never knew. To those with older kids, when should we expect this?

When time allows, get your kids in the kitchen and explore a new food/recipe together. It will pay dividends well into the future in the form of bonding, healthy eating, and cooking skills.

Date Created
2016/05/02