

# TIPS TO GET YOUR TEEN INVOLVED IN THE KITCHEN



Talk about healthy **eating habits**

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Share ideas and make **meal plans**

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Let the teen **decide the menu**

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Go grocery **shopping together**

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Allow experimentation with **ingredients**

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Be a role model; **cook healthy**

## References:

1. Top 10 easy ways to get teens cooking; Dietitians of Canada; UnlockFood.Ca