



## A recipe for results— **time in the kitchen with kids**

Worried about your **child's weight**?

**Cooking** and **baking** with kids is a great way to help them develop healthier eating habits while they're also having fun.

For some kids, what they eat is the problem. For others, it's how much. Teaching kids how foods are prepared, proper serving sizes, and how to make healthy modifications to recipes can help them make better eating choices. Substituting sugar with a no-calorie sweetener is an easy way to reduce the sugar content of your recipes.

### The extra benefits of **cooking with kids**

While time in the kitchen teaches kids about **nutrition** and **food choices**, it teaches other skills as well.

#### **Real-world math**

They'll learn fractions while following a recipe. Not to mention division when figuring out serving sizes.

#### **Reading and vocabulary**

Kids will be exposed to new words and improve comprehension by reading recipes.

#### **Science**

What happens when you put ingredients together and add heat? Kids are curious—cooking is a great way to feed that curiosity.

#### **Organization and follow through**

From shopping for ingredients to baking and cleaning up, they'll learn how to do things from start to finish.

#### **Improves communication**

Not only will you talk about what you're making, it's a great opportunity to talk about other things as well.



### Prepare your kids **for some fun**

Here are a few basic kitchen rules everyone should follow.

- ✓ Wash hands with soap and water before starting. Continually wash hands as needed
- ✓ Read the recipe more than once
- ✓ Make sure you have all the ingredients
- ✓ Take out any kitchen equipment needed, like pans and measuring cups
- ✓ Follow the recipe exactly
- ✓ Use pot holders when using the oven
- ✓ Clean as you go along
- ✓ Share your creations with family and friends

## Less at stake when you bake

Many commercially prepared foods and baked goods contain “empty” calories from things like sugar and fat. To reduce the calories, substitute sugar with a no-calorie sweetener when you bake. Kids will love the taste and the fact they helped make it—whatever it is.



## 2 simple changes you can also make

Families can slow the rate of weight gain in overweight children by making two simple changes every day\*:

- 1. Cut 100 calories**
- 2. Add 2,000 steps**

Reducing your child’s intake of added sugar can help. Try substituting sugar with a no-calorie sweetener, like in the Kid’s Pleasers recipe below. Also, by keeping kids moving in the kitchen when they’re helping out, they’ll expend extra energy.

For more helpful suggestions, visit [www.americaonthemove.org](http://www.americaonthemove.org)

## Recipes that rate

The following award-winning **Kid’s Pleasers** recipe is **kid, parent, and chef approved**. So the next time you’re baking, consider...



## EZ Baked Apples



Preparation time: **15 minutes**  
 Bake time: **50 minutes**  
**Makes 6 servings**

- 6** Granny Smith apples
- 1 cup** SPLENDA® No Calorie Sweetener, Granulated
- 1 teaspoon** ground cinnamon
- 1 tablespoon** margarine

**Preheat** oven to 350°F. **Wash** apples and core using an apple corer. Place in a 9x13-inch baking pan. **Mix** together SPLENDA® Granulated Sweetener and cinnamon. Fill each apple with the mixture and then top each apple with a small dot of margarine. Cover with aluminum foil and bake in preheated oven 40-50 minutes or until slightly soft.

Nutrition Information per Serving	
Serving size: <b>1 baked apple</b>	
Exchanges per serving: <b>1 1/2 fruits</b>	
Calories	100
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Total Carbohydrate	21 g
Dietary Fiber	4 g
Sugars	17 g
Protein	0 g

For more recipes, visit [www.splenda.com](http://www.splenda.com)



SPLENDA® Brand Sweetener can be used safely by the whole family, including children, women who are pregnant or nursing, and people with diabetes.

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