TIPS TO GET YOUR TEEN INVOLVED IN THE KITCHEN





Talk about healthy eating habits



Share ideas and make meal plans



Let the teen decide the menu



Go grocery shopping together



Allow experimentation with ingredients



Be a role model; cook healthy

References:

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

Source: https://www.momjunction.com/articles/easy-recipes-cooking-forteenagers_00782578/