

Tips To Make Healthy And Attractive Pasta With Children



Go grocery shopping with your child and train them to read ingredients and find a pasta made of healthy ingredients, such as millets, whole grain, and legumes.

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Show them different pasta shapes and let them make a pick.



Encourage them to choose healthy foods, such as lean meat, seeds, and low-fat cheese, to make pasta wholesome.

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Let them help you wash vegetables, place pasta in a vessel, and pour water into it.



Talk them through the cooking process to help them understand the basics.

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Eat pasta together and look for more ways to make the pasta healthier.



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Source: https://www.momjunction.com/articles/yummy-easy-pasta-recipes-for-your-kids_0082825/