

Health Tip of the Month

Love Your Kids? Cook with them!

**Too busy to spend quality time with your kids?
Invite them into the kitchen.**

Studies show time spent together in the kitchen bond families around food traditions.



- Kids learn basic cooking skills, especially boys who may not find themselves in the kitchen as often as girls.
- Kids who help prepare foods make healthier food choices and eat more vegetables.

**You are your children's best role model.
Spend time with them in the kitchen.**

Try a simple recipe

Banana Blueberry Pancakes

- 1/2 cup of sliced bananas
- 1/2 cup of blueberries
- 1 1/4 cups of whole wheat flour
- 2 teaspoons of baking powder
- 1 egg
- 1 cup of low fat milk
- Oil or cooking spray for your griddle

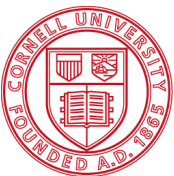
Wash your fruit. Slice your banana.

Have your child measure the flour and baking powder into one bowl. Then use a second bowl to beat the egg and milk.

Slowly add the flour mixture into the milk and egg mixture. Then add in your fruit.

Use a measuring cup or large spoon to cook about 1/4 cup of pancake batter on a hot griddle. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

**Experiment with your child.
Try different fruit. Add a little cinnamon.**



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