

Top tips and benefits of involving children in preparing their own snacks.

Involving children in preparing their own snacks has lots of benefits including developing fine motor skills, maths, self-confidence and teaches important life skills.

10 Top Tips

1. Where possible try to involve children in preparing snacks as much as possible. This will help to promote independence as well as fine motor skill as they use a range of different tools
2. Try to purchase child-size tools such as knives to make it more accessible for them, have lots of mini chopping boards (using the correct colour) and aprons (risk assess and supervise at all times)
3. Talk to the children about what they are preparing. This will help them develop new vocabulary including lots of mathematical language such as halves, quarters, bigger and smaller
4. Talk about where the food comes from, this will help them have a greater understanding of the food we eat
5. If children are involved in preparing the food, they may be more likely to eat it, which can promote healthy eating
6. Have fun, encourage the children to make funny faces with the food they prepare
7. Where it is not suitable for children to be involved in the preparation still try to involve them in regular activities such as baking
8. If they cannot prepare the food, still try to encourage the children to serve themselves and clear away plates etc. Again this all supports independence and physical development
9. Share information with families and encourage independence at home too
10. Don't forget to talk about hygiene and ensure hands are washed prior to any food preparation taking place. Talk about germs and what can happen if we don't do this.

