



# Little People's Learning Center

## WOYC: Tasty Tuesday

### Background Materials:

- ["I Helped Mama Too!" Cooking with a Tiny Helper](#)
- [10 Easy Ways to Get Your Toddler to Try New Foods](#)

**Cooking With Your Child:** Finding kid-friendly recipes can be hard, especially if you want to avoid baked goods and sweets. You can look at the following pages for some good, healthy recipes ideas for you and your kid!

- [Kidspot Kitchen Health Recipes](#)
- [21 Easy Recipes to make with your kids](#)
- [Super Healthy Kids Recipes](#)

### Tacos! (A preschool lesson plan)

Watch this [video](#) and [download the handout](#)

*See the following page for a list of kid-friendly YouTube cooking videos*



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## Kid Food Channels:

- [Miniature Space](#) - For adults and kids, this youtube playlist is tons of videos of normal hands preparing and cooking in tiny spaces with tiny utensils. This is mostly cooking instead of baking, which is nice for folks wanting to focus on healthier foods. Utterly compelling.
- [Nerdy Nummies](#) - Brightly colored, kid themed cooking tutorials that are fun to watch. The host makes super-elaborate baked goods with kid-friendly themes, like a three-dimensional unicorn cake, an octopus pie inspired by Pirates of the Caribbean.
- [The Bow Girls](#) - This is a super cute home-made show with two young girls making easy to follow recipes that will likely only appeal to kids like “gummy bear slime”
- [Cupcakes and Cardio](#) - Incredibly elaborate cakes decorating videos with kid friendly subjects and cake designs (think Disney and Candyland)
- [Charlie's Crafty Kitchen](#) - This is a super cute Australian show featuring two young girls, and while it contains the usual cake decorating stuff, it also has a lot of healthier recipes and some really cute and funny taste tests.