Make Your Children Part of the Cooking Process

If you find that one of your kids just doesn’t like anything you prepare, you might want to try a different method, aside from just trying to convince him to eat his veggies or finish his chicken. Another good option is to actually include him in the meal prep and cooking process. This can peak his interest and possibly even encourage him to eat more of what you serve.

**Let Them Find Recipes For Meals**

While you don’t want to give your kids full reign over everything you make for dinner each night, it is still a good idea to include them in the meal planning process. Have each kid choose one recipe to make each week, but give them some conditions. This can be anything from choosing a recipe that uses a particular ingredient, like chicken or Brussels sprouts, or be something in the ‘healthy’ section of your favorite recipes blog or website. This lets them have some choice in what is prepared, but you can still avoid eating pizza or macaroni and cheese every time they pick their own recipe.

**Give Your Kids a List of Foods to Choose From**

Another good way to have kids more involved in the food planning process is by giving them a list of food choices and letting them pick what they want. For example, say you have chosen to make hamburger patties for dinner, and you know you are serving potatoes, but aren’t sure about the vegetable side. You can give your daughter a list of veggies to choose from, and let her pick the vegetable side dish for dinner. She is much more inclined to eat her dinner when she chose the vegetable herself.

**Have Them Help Put Together Lunches**

When it comes to time to put your kids’ lunches together, have them help out if they want. Give them some options for what can go in their lunch, then let them choose from your approved choices and put the food items into their own lunch boxes. They feel accomplished and happy they got to have some say in the matter, so they probably won’t be quite as picky when lunchtime rolls around.

**Get Help in the Kitchen With Stirring or Chopping**

If your kids are a little older, they might be more interested in the meal if they can actually help prepare it. Younger kids are usually okay with stirring as long as it isn’t over a hot stove, while older kids can handle more cooking prep, such as stirring something on the stove or chopping vegetables.