



Little
BIG
Cooks

“Bringing Kids into
the Kitchen!”



We believe that cooking is up there as one of the most valuable skills you can teach a child, right alongside reading and writing. It's incredibly important that we get children excited about food, where it comes from and how to cook it, from as early an age as possible – a kitchen-savvy child is going to be a much healthier, happier one in the long run.

After an extremely successful 1st Edition of Little BIG Cooks recipe book working with the children of Lickhill Primary School in Stourport, we would like to offer your school the opportunity to have a partnership with Little BIG Cooks and to join our mission to improve children's nutritional choices.

WE NEED YOU!

Starters



Cooking is a valuable life skill which is often linked with improved diet quality. We all understand that food is required by everyone for energy, and so eating is a learned behaviour, like reading and writing, it is an essential life skill². What you may not know is children have an interest and desire to learn to cook, understand what foods are healthy, and how to prepare healthy foods³. Research by Asch (2018) established that children benefit from cooking with adults. Research also suggests the long-term benefits that past cooking experience in childhood led to adults that continued to cook and use the skills they learned as children into adulthood⁴.

Involving children in the kitchen as their parent or guardians "Super Assistant" will not just be important for their future, but incredibly important for today.

¹ Lavelle, F., Spence, M., Hollywood, L., McGowan, L., Surgenor, D., McCloat, A., ... & Dean, M. (2016). Learning cooking skills at different ages: a cross-sectional study. *International Journal of Behavioral Nutrition and Physical Activity*, 13(1), 119. ² Asch, A. (2018). *Cooking Academy: Increasing Self-Efficacy In Children*. ³ Worsley, A., Wang, W., Ismail, S., & Ridley, S. (2014). Consumers' interest in learning about cooking: the influence of age, gender and education. *International Journal of Consumer Studies*, 38(3), 258-264. ⁴ Utter, J., Larson, N., Laska, M. N., Winkler, M., & Neumark-Sztainer, D. (2018). Self-perceived cooking skills in emerging adulthood predict better dietary behaviors and intake 10 years later: A longitudinal study. *Journal of nutrition education and behavior*, 50(5), 494-500.

Main & Dessert



Nicholas

Little BIG Cooks carried out their own research to identify a qualitative investigation on the effect of parent-child cooking on the parent-child relationship.

Nicholas

"Cooking with my mom made me feel happy because it was fun. When i grow up I will be able to cook healthy food to make me big and strong"

Vicki (Nicholas' Mom)

"I felt closer to Nicholas and we even called ourselves 'cook buddies'. It was nice cooking alongside my son and listening to his ideas. He also learnt that Chorizo was made in Spain."

On average modern mothers estimate that they learnt 22 skills from their mums, and use seven of them a day, this is according to research carried out by Addis Housewares (Pemberton, 2018).

Little BIG Cooks needs your help to encourage Parents or Guardians to teach their children the art and science of cooking. This will give the child a hands-on way to discover new flavours and new foods BUT not only that, it will also help boost their Maths, language skills and their emotional development. Cooking is an essential life skill - teach children young and they'll love it for life. More importantly, by knowing how to cook good food for themselves, Parents or Guardians will be setting their children up to eat well once they leave home. Whilst this isn't purely about Child obesity it is still something we cannot ignore. Childhood and adolescent obesity is widely perceived as one of the most important public health challenges of the 21st century (Simmonds, Llewellyn, Owen, & Woolcott, 2016).

By working together we can help make your pupils become healthier into their adulthood. I would love to visit your school to talk about Little BIG Cooks and how we can make a start to making Children cook, and having fun along the way.



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