

# Grasp

Through **taste tests, cooking with kids, or food-related classroom lessons**, kids get hands on exposure to healthy foods that increase their willingness to try new foods and develop lifelong healthy eating habits.

[“Grow It, Try it, Like It”](#) is a free and comprehensive **garden-themed nutrition lesson plan** that includes hands-on activities, stories, and songs about different fruits and vegetables.

[“It’s Fun to Eat Fruits and Veggies!”](#) is **lesson plan 9** of the “Preschool Lesson Plans” with **activities, games, and songs** organized by age groups designed to promote the importance of and encourage **eating a variety of fruits and vegetables** every day.

[“Let’s Cook with Kids”](#) is a **cookbook written in English and Spanish** provided by the California Department of Public Health with kid friendly recipes ranging from breakfast and snacks to entrees and desserts. Look in the index to find recipes that include your locally grown foods.

[“Kids Can Cook and Learning is the Secret Ingredient”](#) provides **tips on how to effectively involve kids during the cooking process** as well as how to **tailor the lesson based on age** from babies to age five from Penn State’s “Better Kid Care” program.

[“Cooking with Preschoolers”](#) is a **video** that provides **tips and suggestions about involving kids during cooking** provided by Georgia Organics’ Farm to Preschool program.