

Let's be active in the kitchen

When

Invite your child to **participate** in **food preparation** whenever this is possible.

It's a great opportunity to **learn** and **develop self-confidence, independence, resilience**, and many other important skills for her future!

Seasonal foods are usually available in large quantities. **Be creative** and think about **different ways to prepare the same food**.

SOME TIPS TO COOK IN A MORE SUSTAINABLE WAY

- Avoid buying strawberries or rhubarb that are packaged in plastic.
- Discard strawberries that are soft or moldy, as they can quickly ruin the others.
- If you have large quantities of any of these foods at home, **freeze** or save them to make **jams** or some **ice**.

Why

What

How

Raising world shapers while learning to eat



Although we usually say that the whole vegetable should be used, from stem to leaf, **in the case of rhubarb this is not possible**, since its leaves are poisonous.

ALTERNATIVE

- Although the leaves can't be eaten, they can be used for **composting**.
- The leaves will be a **great natural fertilizer** and a **safer pesticide**.
- They will also **prevent** your plants from **potassium deficiency**, as the leaves contain high amounts of this nutrient.