You do your best to teach your children important life skills. But are they learning the skills they need to eat well for life?

Cooking with your children can help build their confidence in the kitchen. When children are welcomed into the kitchen, they are more likely to try new foods, eat better and have more confidence to prepare meals and snacks both now and in the future.

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<th>Which of the following describes your family?</th>
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<td>I think cooking as a family is important, but it’s too dangerous for my kids to start at this age.</td>
<td><strong>The time is now!</strong> Even if your kids are young or you are nervous about allowing them to use the stove or sharp knives, you can still try many cooking activities together. Children can safely wash and peel vegetables, measure ingredients and mix for you. Over time you and your child will feel more comfortable working together in the kitchen.</td>
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<td>I don’t have the time to cook with my kids.</td>
<td><strong>Your kids might be missing out on learning some key skills they’ll need to eat well in the future.</strong> Invite your kids into the kitchen and give them simple tasks that do not have to take a lot of time. Soon they’ll be ready to take on more cooking responsibilities, which will actually save you time!</td>
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<td>The kids can watch me cook, and hang out in the kitchen, but involving them in cooking is not a priority right now.</td>
<td><strong>You’ve taken an important step in helping your kids build cooking skills by letting them know they’re welcome in the kitchen.</strong> Your kids have probably already picked up some skills just by watching you. But by letting them take a more active role you will help them gain more confidence in their cooking ability and ensure they continue cooking as they get older.</td>
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<td>We cook together often. Not every night, but as often as we can.</td>
<td><strong>You’ve created a welcoming kitchen where your kids can build all the cooking skills they need.</strong> Now that you’ve got your kids in the kitchen with you, help them keep things interesting and get creative.</td>
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DIRECTIONS

Fajitas
1. In ovenproof dish, marinate chicken breasts in lime juice and olive oil for 2 hours in refrigerator.
2. Meanwhile, in large bag, combine chili and garlic powder, cayenne, salt and pepper.
3. Remove chicken breasts from dish, place in spice bag and shake well to coat chicken (add more spices as needed).
5. To prepare fajitas, place chicken strips on tortillas and top with onion, green bell peppers, corn niblets, salsa and Canadian Cheddar cheese.
6. Roll up tortillas and serve with salsa.

Salsa
7. Cut vegetables: dice tomatoes, red pepper and avocado (if using). Seed and mince jalapeño peppers.
8. Shred cheese.
9. In a medium bowl, combine tomato, red pepper, avocado (if using), jalapeño, cheese, lime juice and salt.

INGREDIENTS

Fajitas
- 4 skinless boneless chicken breast halves
- ½ cup (80 mL) lime juice
- ¼ cup (60 mL) olive oil
- 2 Tbsp (30 mL) chili powder
- 1 tsp (5 mL) garlic powder
- ½ tsp (1 mL) cayenne pepper
- Salt and pepper, to taste
- Vegetable oil
- 1 red onion, minced
- 1 green bell pepper, trimmed and minced
- 1 can (10 oz/284 mL) corn niblets, drained
- Salsa
- Canadian Cheddar cheese, grated
- 12 large corn or flour tortillas

Salsa
- 2 plum (roma) tomatoes, diced
- ½ sweet red pepper, diced
- ½ avocado, diced (optional)
- ½ jalapeño pepper, minced
- ¼ cup (125 mL) shredded Canadian Monterey Jack or Cheddar cheese
- 2 Tbsp (30 mL) freshly squeezed lime juice
- ¼ tsp (½ mL) salt

TIP: To boost the fibre in this meal, use whole-wheat tortillas.

TIP: To make a vegetarian version of this recipe, you can use kidney beans or a vegetable-based meat substitute instead of chicken.