

teen kitchen takeover challenge.

Let your teen take over dinner for one night, or one night a week/month if they're keen.
Over time, this converts food knowledge into independence.

the teen chooses:

-  meal
-  ingredients
-  preparation
-  flavours
-  music to cook by

the parent chooses:

-  kitchen access
-  support
-  safety
-  encouragement
-  embarrassing dance moves

then discuss:

-  what was easy?
-  what was difficult?
-  what did you learn?
-  what would you have done differently?