Running out of ideas for keeping your kids occupied this summer? This video shows you how to set up a cooking play date that lets kids do the creating while you stealthily impart lessons on nutrition, working together, safety in the kitchen, even how to adapt a recipe. Cooking with kids is not only the best kind of teachable moment for all sorts of life-lessons; it's also more fun than any adult deserves to have.
Follow Rana Florida on Twitter: www.twitter.com/ranaflorida