

## **Bodum Kitchen Kids – Kitchen tools for children aged 4-6**

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Children engaged in the preparation of the wholesome family meal acquire healthier eating habits and a greater curiosity towards new and unknown foods because they take the ownership of their meal. These habits continue into adulthood, leaving the extra time spent in the kitchen with your child as a very good investment in the health and future life of your child.

### **Children in the kitchen; a question of social recognition.**

The joy of food is founded in positive experiences with the preparation of it in the kitchen, the consumption of it around the dining room table and the enjoyment of it in the soul.

However a busy everyday life and the fear of accidents keeps the children at bay from even the most simple kitchen chores such as helping out with cleaning the vegetables. But many children are very proud of and happy to contribute to the common meal. They see this as a way of giving others care and affection, and in this way, they gain social recognition from the family unit.

### **Exploit the playfulness of a child and tempt them into the kitchen with their favorite foods.**

Researching for this project, 2 girls, aged 5 and 6, were invited into the kitchen to help prepare a wholesome family meal. Neither of them were very fond of vegetables and they had sparsely been involved in the kitchen before.

They were asked to help peel and cut vegetables, grate carrots, sprinkle raisins and other ingredients into a salad, mix a salad dressing, make meatballs and set the table. They were allowed to come and go as they pleased, but their curiosity and interest in the project was kept alive, because they had fun while helping out the grownups.

When dinner was ready, the girls were very proud of their achievement and contribution to the family unit. They made a game out of serving what they had made and ate more vegetables than they normally did because they had been involved in the preparation and therefore took ownership of the healthy meal.

The battle for a healthy lifestyle can be won, if we get to the point where children eat healthy foods because they want to and taste good, not because mom and dad tells them to do it. And a way to win this battle is to let children into the kitchen and take ownership of their own healthy meal, teaching them habits that will follow them for the rest of their life, because grownups who were involved in the kitchen as children are more likely to focus on a healthy lifestyle later in life.

### **Bodum Kitchen Kids**

The benefits of letting children into the kitchen are obvious, but a lot of care and attention should be paid to the functionality of the tools so they are adapted to the abilities and motor skills of the child. It is important for the child's self esteem that they can handle their tools on their own. Also, the tools should radiate a trust, giving the parents peace of mind when the children use them.

Based on the fact that children ages 4-6 are able to contribute in the kitchen with simple tasks such as washing, cutting, grating, peeling, mixing and sprinkling, the "Bodum Kitchen Kids" collection consists of the following; a knife, a vegetable peeler, a chopping board, a vegetable grater, a bowl, a mixing bottle for dressing, and a protective mitten, giving the parents peace of mind when the children use the sharp tools.

Using color and form, the sharp tools are designed so there is a clear distinction between where it is "dangerous" and where it is safe. All handles have a distinctive functional pattern and a rubberized surface providing the best grip possible. The functional pattern is at first sight just a structure, but the structure is derived from a barcode, the digital signature of the specific product.

To protect the fingers of the child, a set of mittens have been created. They are made from silicone and have the same distinctive functional pattern in the palm of the hand, allowing for a good grip on the items to be chopped, grated or peeled. For the parents to feel secure about the mitten, a red buckle is added for them to close around the wrist of the child.

The mixing bottle for dressing is made from translucent silicone and has a transparent graphic interface that simplifies the recipes for the child. A vinaigrette dressing could be made in the following way; fill up with the following to no.1 olive oil, no.2 mustard, no.3 honey, no.4 vinegar, no.5 salt & pepper. Mix and shake well. And squeeze the desired amount over the salad.

For collecting the grated vegetables, a transparent bowl is made to be connected to the grater. It can be tilted in two directions allowing for the best ergonomics possible. And it can be used to serve the grated vegetable salad in.