

getting kids in the kitchen

Hold onto your chef's hat. It's time to get cooking in the kitchen!

GET READY – PICK A RECIPE

Read it all the way through. Then ask yourself:

- How much does it make? Do I need to make more or less?
- Do I have all the ingredients? What else do I need?
- What kitchen tools do I need?

GET SET – EXPLORE THE GROCERY STORE

While at the store, can you find at least one fruit or veggie (fresh, frozen or canned) from each color of the rainbow that you would like to try?

GO – PRACTICE YOUR CHEF SKILLS

Now it's time for the fun of prepping and cooking as you practice your power chef skills.

Be sure to always ask an adult for help. Here are three things a power chef does every time they cook:



SCRUB

Wash hands before touching food (scrub front, back and in between fingers). Sing the ABCs and you'll be done when you get to the letter Z.



WASH

Wash fruits and veggies before you cut, cook or eat them.



TRY

Taste what you create to make sure it's great!



POWER CHEFS – WE CHALLENGE YOU TO MASTER THESE SKILLS!



MEASURE + POUR

Liquid and dry ingredients use different measuring cups.

- **Liquid:** for liquids like milk, water and oils

Use a liquid measuring cup: keep it flat!
Bend down to measure at eye level

- **Dry:** for fruits, veggies, nuts and flour

Spoon into a measuring cup
and level it off with a flat edge

After measuring, slowly **pour** into your mixing bowl.



SLICE + CHOP

Knives are an important tool for power chefs to slice, dice and chop – but they come with safety rules.

The “Claw” and “Pinch” Grip

1. Hold knife with a “pinch grip” up where the handle meets the blade.
2. With the other hand, curl fingers under to make a “claw” shape. This protects the fingers, while holding the food in place.
3. Slowly and carefully slice, never taking your eyes off the knife when using it.

Which knife, for which job?



- **Paring:** Peeling and chopping fruits and veggies



- **Chef:** Mincing, slicing and chopping



- **Serrated:** Slicing bread, tomatoes and citrus fruits

PINCH GRIP



CLAW

Little chefs can start with a plastic knife on soft fruits like bananas!





PEEL + SHRED

PEEL means to remove the outer skin of fruits or veggies, like a cucumber.

1. Hold peeler firmly by the handle.
2. Hold the food with other hand on a flat surface.
3. Slide the peeler blade down along the food in one even stroke, away from your body.

SHRED means to chop or tear food finely.

1. Hold handle on box grater and press down onto a clean, flat surface.
2. Slide food down the grater.
3. Protect your fingers! Stop when you have 1-2 inches of the food left.



HEAT + SAUTE

Adding heat helps power chefs finish their yummy creations.

- **Sauté:** to fry quickly in a little hot oil
- **Roast:** to cook in an oven at high temperature (400°F or higher) or over a fire



SAFETY FIRST!

Power chefs always ask an adult before using knives, appliances, the stove, the oven or hot ingredients.

