

COOKING WITH KIDS



Food skills need to be taught, developed and nurtured at a young age, similar to reading and writing. Cooking with kids is a fun hands-on, learning by doing activity to build food literate generations to come!

Getting Started

ages 3 & under

- Stirring
- Mashing
- Washing fruit/veggies
- Sprinkling (ex. flour, seeds, etc.)
- Adding ingredients to the bowl

Try recipes:

- Overnight oats
- Root vegetable patties



Next Steps

ages 3-5

- Mixing
- Whisking
- Kneading*
- Scrambling
- Weighing and measuring liquid and dry ingredients
- Pouring liquid ingredients, adding dry ingredients
- Spreading (ex. peanut butter on bread)
- Cutting soft ingredients (ex. butter, mushrooms, strawberries) with a plastic knife
- Breading/flouring
- Rolling bread
- Using biscuit cutters
- Tearing (ex. herbs, lettuce)
- Podding(ex. podding peas)
- Picking (ex: tomatoes)
- Hulling (ex: corn)
- Crack an egg

Try recipes:

- Whole grain bread, milk, mini carrots
- Cheese, apples, whole grain cracker



* **Kneading** is a method used when making dough, like for bread. It involves using your hands to incorporate the ingredients together, and it helps add strength to your dough so that it will rise!

Advancing your Skills

ages 5-7

- Using specialized hand tools and kitchen appliances
- Grating (ex. cheese)
- Beating Folding
- Setting the table
- Greasing and lining trays/pans
- Cutting with a small knife or scissors
- Peeling with fingers (ex. oranges, hard boiled eggs)



Try recipes:

- Green monster smoothie
- Slow cooker oatmeal

Turning Up the Heat

ages 7-11

- Using heat (ex. oven, microwave, frying pan)
- Using timers and thermometers
- Trimming and slicing
- Using specialty appliances (ex. panini press, waffle maker, food processor, blender, mixer)
- Following a simple recipe
- Steaming
- Roasting
- Using a chef's knife and other larger knives
- Planning a meal
- Using a peeler



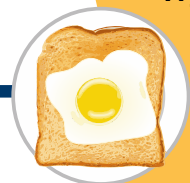
Try recipes:

- Baked oatmeal
- Muffin
- Homemade granola bar

Kitchen Master

ages 13-16

- Using all kitchen appliances, including safely handling and cleaning the sharp blades of food processors and blenders.
- Developing knife skills to efficiently chop, dice and mince
- Making risotto
- Marinating foods
- Panfrying and grilling meats
- Using outdoor gas and charcoal grills
- Baking yeast doughs and pastries



Try recipes:

- Baked egg breakfast sandwich
- Applesauce

* **Folding** is a method of mixing ingredients together without stirring, commonly used to combine ingredients that have been whipped, like eggs or cream. It is done to make sure your ingredients keep their fluffy volume and involves using a rubber spatula to slowly "fold" the mixture on top of itself several times until mixed.

Food literacy is building the knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community & the environment.