Background:

As kids grow up, they can increasingly help out with kitchen tasks. Including children in food preparation can be enhanced and facilitated with these considerations / tips in mind:

- Review and try out the recipe before conducting it in class.
- Post the recipe with pictures of all ingredients and utensils that will be used.
- Introduce each utensil / appliance and explain what it is, and how to use it.
- Pictorially illustrate each step in the recipe.
- Keep in mind the developmental considerations for different ages of children (see pages 3-4).
- SAFETY ALWAYS COMES FIRST! Keep the following tips in mind:
  - All kitchen helpers need to wash their hands.
  - Spills should be wiped up immediately.
  - Work areas should be kept clear and clean.
  - Perishable foods should always be kept at a safe temperature.
  - Eventually when knives are introduced, proper and safe handling techniques should be explained thoroughly. Knives and other sharp items should be stored out of reach of children.

Though the following recipes do not use any heating appliances,
  - Children should eventually be educated on the various appliances and equipment that may be hot to the touch. Any hot pan or pot handles should be turned inward to avoid it bumping or spilling the contents.
  - Use potholders to handle hot items.
  - Always have a first aid kit and fire extinguisher available in case of emergencies.

Objective:

Allow children to participate in simple cooking activities, and subsequently learn basic food skills and sharpen their motor skills development.

Suggested Activities:

(A) Recipes:

Following are a few recipes with supplementary recipe cards that are included as examples of ways to illustrate the ingredients and directions. Post the recipe cards up so the children can see. Note that the materials, ingredients and procedure are displayed on the recipe cards.
• Creamy Fruit Salad (pages 57-62)
• Trail Mix (pages 63-67)
• Peanut Butter Log (pages 68-77)

These recipes were adapted from the UH CES Nutrition Education for Wellness’ Food Skills Cookbook (available at: www.ctahr.hawaii.edu/new/resources.htm). There are other recipes in this cookbook that do not require a stove or skillet.

Feel free to make your own recipe cards for other recipes that you would like to include in your classroom.

*It is okay if children make mistakes by measuring too much, too little or if they spill ingredients. They are learning throughout the entire process, even if the final product does not come out exactly as it should.

(B) Books:
• “Cook-A-Doodle-Doo!” by Janet Stevens and Susan Stevens Curmmel, Barcourt Brace and Company, 1999
• “Delicious! A Pumpkin Soup Story” by Helen Cooper, Farrar Straus Giroux, 2006
• “Please Say Please! Penguin’s Guide to Manners” by Margery Cuyler, Scholastic Press, 2004

(C) For parents at home:
• A sample letter is included on page 78 informing parents of the cooking activities that have been incorporated into the classroom. Handouts (see pages 79-81) for the 3 recipes included in this booklet are provided for distribution to the families so that they can make the recipes at home as well. The letter also provides other suggestions and ideas for ways children can get more involved in preparing meals (from planning to cleaning up) at home with their family.
• Kitchen Safety activity sheet on page 82 informs parents of the importance of preventing accidents while cooking with their children. Preventative practices on page 83 are reviewed to ensure that their kitchen is a safe place for them and their children.
Creamy Fruit Salad
Creamy Fruit Salad

**Ingredients:**

3 cups fruit
Creamy Fruit Salad

Ingredients:

1 (6 ounce) Container yogurt
Creamy Fruit Salad

Utensils / Equipment:

- 1 cup measure
- 1 mixing bowl
- 1 knife
- 1 mixing spoon
Creamy Fruit Salad

Directions:

1. Chop fruit.
Creamy Fruit Salad

Directions:

2. In a large bowl, MIX all ingredients together.

3. ENJOY!
Trail Mix
Trail Mix

Ingredients:

2 cups circle shaped cereal

1 cup

1 cup
Trail Mix

Ingredients:

2 cups square shaped cereal

1 cup

1 cup
Trail Mix

Utensils / Equipment:

1 cup measure
1 mixing spoon
1 mixing bowl
Trail Mix

Directions:

1. In a large bowl, MIX circle and square shaped cereal.

2. ENJOY!
Peanut Butter Log
Peanut Butter Log

Ingredients:

½ cup cornflake cereal

2/3 cup nonfat powdered milk
Peanut Butter Log

Ingredients:

2 tablespoons pancake syrup

3/4 cup peanut butter
Peanut Butter Log

Utensils / Equipment:

- 1 mixing bowl
- 1/2 cup
- 2/3 cup
- 3/4 cup
- 1 mixing spoon
- 1 knife
- Wax paper
- Measuring spoons
- Fridge
Peanut Butter Log

Directions:

1. In a medium bowl, MIX cereal, powdered milk and pancake syrup.
Peanut Butter Log

Directions:

2. ADD peanut butter to the mixture.
Peanut Butter Log

Directions: 3. MIX well.
Peanut Butter Log

Directions:

4. PLACE mixture on waxed paper sheet 13” x 15” long.
Peanut Butter Log

Directions:

5. ROLL into log with waxed paper and refrigerate.
Peanut Butter Log

**Directions:**

6. When ready to serve, SLICE into 2 inch pieces and ENJOY!
Dear Parents,

At school, we have been learning some basic food skills. We have been having fun helping and learning how to make healthy, delicious creations, such as ________________.

Here are some ways that I can help prepare meals at home with the family:

- Help plan meals
- Help make a grocery list
- Help practice safe food handling by washing hands prior to food preparation and eating
- Assist in preparing foods
- Help set the dinner table and practice table manners
- Help serve others and myself
- Help clean up and put food away

Sincerely,
Creamy Fruit Salad

Number of servings: 6

Ingredients:
3 cups fresh, frozen, canned or dried fruit
1 (6-ounce) container flavored lowfat yogurt

Directions:
1. Depending on fresh, frozen, OR canned fruits used:
   CHOP fresh ingredients OR
   THAW frozen ingredients OR
   DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together.
   COVER and REFRIGERATE until ready to SERVE.

Variations:
Examples of fruits: pineapple, orange, banana, papaya, mango, apple or raisins.
Vegetables can be used as well: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of fruits and vegetables.
Chopped nuts may be added.
Trail Mix

Yield: 4 cups

Ingredients:
2 cups circle shaped cereal
2 cups square shaped cereal (rice, wheat, corn – one OR more combined)

Directions:
1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in airtight container.

Variations:
For breakfast, add milk and fresh fruits.
Eat cereals with 100% fruit juice.
Use a mixture of any 2 or more cereals.
Add pretzels, nuts, and/or dried fruits.
Peanut Butter Log

Yield: 1 log (20 pieces)

Ingredients:
- 1/2 cup plain cornflake cereal
- 2/3 cup nonfat powdered milk
- 2 tablespoons pancake syrup
- 3/4 cup peanut butter
- Wax paper
- Optional: 1 teaspoon vanilla extract
- 1/4 cup raisins

Directions:
1. In a medium bowl, MIX cereal, powdered milk and pancake syrup.
2. ADD peanut butter to the cereal mixture.
4. MIX well.
5. PLACE mixture on waxed paper sheet 13” x 15” long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2” pieces.

Variations:
Other cereals may be used.
Graham crackers may be used instead of cereal.
Peanut butter may be creamy or chunky.
Kitchen Safety

Parents, before you bring your child into the kitchen to help prepare meals, there are some important safety tips that must be considered. Please look at the picture below and circle or write down the dangerous kitchen hazards.
Safety always comes first when cooking with children. Following is a list of some of the kitchen hazards that can be avoided with simple solutions:

- Spills should be wiped up immediately
- Work areas, including the range should be kept clear and clean
- Be careful with opened cans as they are sharp and could cut you. Wrap sharp objects in newspaper before throwing into garbage.
- Knives and other sharp items should be stored out of the reach of children
- Always use a cutting board when cutting food
- Cupboard doors and drawers should be closed when not in use
- Pan and pot handles should be turned inward over the range to avoid bumping or spilling the (hot) contents. Lift pot covers away from you so the hot steam does not burn your face.
- Use heat safe utensils (spoons, spatulas, etc) for cooking
- Dry potholders should be used to handle hot items
- Check electrical appliances for frayed cords and replace those immediately. Do not overload your outlets and circuits.
- Use a stool or mini - step ladder to reach for items on high shelves
- Keep containers of cooking oil away from the heat source. Always use extreme caution when cooking with oil. DO NOT throw water on a grease fire!
- Always have a first aid kit and fire extinguisher available in case of emergencies
- In case of an emergency—call 911!

Always take the necessary precautions to avoid accidents in the kitchen.