



Cook Together

Youth (Ages 6–8) Lesson (45 to 60 minutes)

OVERVIEW

When children cook, they learn life skills and build confidence and independence. Cooking provides hands-on experience with food and nutrition. Children are more likely to try new or different food when they help prepare it. Cooking together is a great way to spend time with family. This lesson reviews safety considerations for working in the kitchen.

INTRODUCTION

Tell youth, “Cooking is for everyone. You get to find out all kinds of fun things about food and learn to use different kitchen tools and new skills. It is also a fun way to spend time with your family. We have to eat to live; by learning to cook, we also learn how to eat well so that we can stay healthy for the rest of our lives.”

- What do you like about eating meals with your family?
- What kinds of things do you do in the kitchen to help prepare meals?

Before starting work in the kitchen we need to understand how to keep things clean and safe! Following a few simple rules keeps us safe while we work, keeps our food safe to eat, and makes our time in the kitchen more fun!

Safety begins with planning and getting ready to cook. It also involves how we handle the different tools and appliances in the kitchen, and how we handle the food we prepare and eat. Always be sure to check with your parent or an adult before you get started, so they are ready to help. You will need help with some tasks until you gain the skill to do them safely!

Do:



Kitchen safety discussion. Participants select a kitchen tool. Suggested kitchen tools: apron, hand washing (soap/paper towel), measuring cups and spoons, colander/strainer, vegetable scrubber, slotted spoon, cutting board, mixing bowl and table knife.

Ask participants to gather in groups of two or three.

- What is this tool for?
- What rules would you share to use this tool safely?

- What rules would you share to keep the food and work space safe and clean?



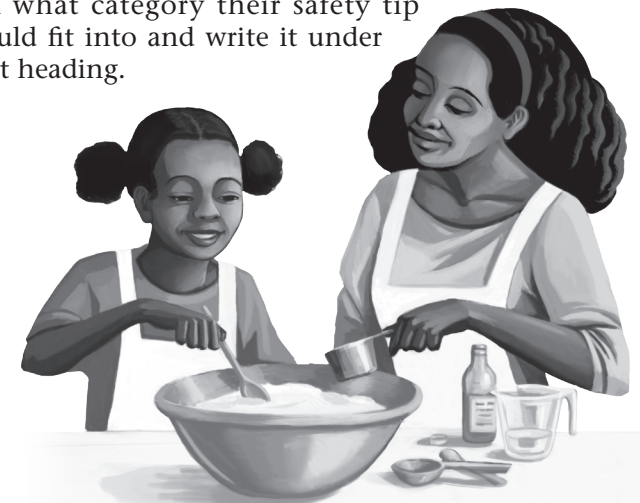
Ask each small group to report to the large group regarding the kitchen tool they selected. Ask children if there are any tools whose function they do not know. If so, answer and give examples of how the tool is used. For example, a vegetable peeler takes the tough peels off cucumbers or carrots.

Reflect:



Have a poster or write on a white board these four categories: Getting Ready, While You Cook, Safe Food Handling, Cleanup.

As the participants share their ideas about kitchen safety, ask what category their safety tip would fit into and write it under that heading.



By the end of this session, participants will:

- Describe kitchen safety rules for specified kitchen tools,
- Plan kitchen safety based on recipe,
- Prepare a recipe to practice kitchen safety skills.

MATERIALS

- ☐ Kitchen Safety graphic organizer with four categories: Getting Ready, While You Work, Safe Food Handling, and Cleanup.
- ☐ Age-appropriate kitchen tools (see suggested lists in lesson)
- ☐ Simple Fruit Salad recipe on wall poster

HANDOUTS

- ☐ Guidelines for Kitchen Safety
- ☐ Build-a-Salad
- ☐ Simple Fruit Salad for a Family of Four (optional)

Apply:

Have children read, or read aloud to them, as needed, the Simple Fruit Salad (or Build-a-Salad) recipe on the poster.

Ask the children:

- What tools do we need? Have them check their tray to make sure tools are there.
- What ingredients or foods do we need? Have them check to make sure ingredients are there.
- Which tasks can you help with? For example, opening can, using vegetable peeler.

ACTIVITY

Let's Make a Salad

If making Simple Fruit Salad: Pass out the recipe, tray of ingredients, and tools needed to small groups of children. Tell each child to choose one food (ingredient) to prepare for the recipe.

If lesson is taught in conjunction with parent lesson: Have youth prepare ingredient using Build-a-salad recipe. Families will put salad together and make salad dressing.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Guidelines for Kitchen Safety

Fun in the kitchen means following some guidelines to keep you and the food you prepare safe.

GETTING READY TO COOK

- Clean your workspace before you start.
- Read the recipe through. Gather the tools, equipment, and ingredients you need.
- Use an apron or tee shirt to protect your clothes. Tie your hair back if it is long.
- Wash your hands with soap and water before and after handling food or eating.

HANDLING THE FOOD

- Wash hands and surfaces often. Wash fruits and vegetables under running water.
- Keep raw meats, fish, and poultry separate from other foods. Use separate cutting boards and cutting utensils for meats.
- Cook foods to the proper temperature. Use a food thermometer. Keep hot foods hot.
- Refrigerate foods promptly.

<http://www.foodsafety.gov/keep/index.html>

WHILE YOU COOK

- Know the safety rules for appliances. Use stove tops, ovens, microwave oven, sharp knives, and electric appliances only with adult supervision.
- Cut foods on a cutting board, not in your hands or on counter tops.
- Keep track of time with a timer.
- Use potholders when handling pots and pans. Keep dry potholders handy.
- Clean up spills as you go. Use paper towels, not sponges or cloth towels.

CLEANUP

- Turn off all appliances.
- Put ingredients back after using them.
- Clean your workspace so it is ready for the next time.



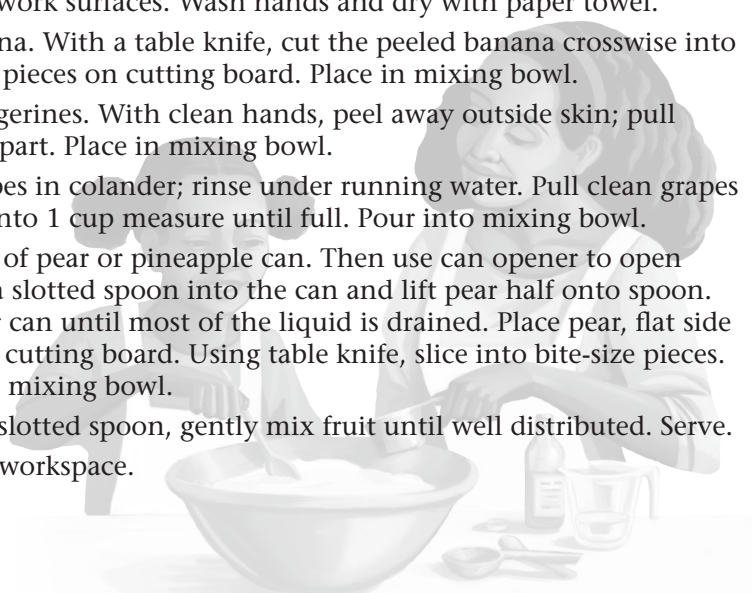
Simple Fruit Salad

Serves 4

- 1 banana (8-inch)
- 2 tangerines or 1 orange
- 1 cup red seedless grapes (about 30) or berries (in season)
- 1 pear (canned in juice) or small can pineapple tidbits

DIRECTIONS

1. Clean all work surfaces. Wash hands and dry with paper towel.
2. Peel banana. With a table knife, cut the peeled banana crosswise into bite-sized pieces on cutting board. Place in mixing bowl.
3. Wash tangerines. With clean hands, peel away outside skin; pull sections apart. Place in mixing bowl.
4. Place grapes in colander; rinse under running water. Pull clean grapes off stem into 1 cup measure until full. Pour into mixing bowl.
5. Wash top of pear or pineapple can. Then use can opener to open can. Dip a slotted spoon into the can and lift pear half onto spoon. Hold over can until most of the liquid is drained. Place pear, flat side down, on cutting board. Using table knife, slice into bite-size pieces. Place into mixing bowl.
6. With the slotted spoon, gently mix fruit until well distributed. Serve.
7. Clean up workspace.



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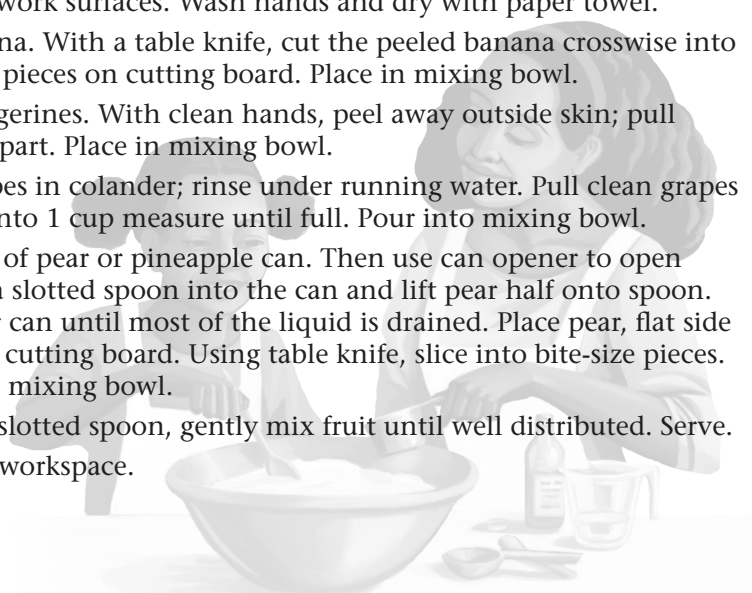
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