

Cooking



- Basic kitchen tools, such as measuring cups and spoons, are needed to prepare a recipe.
- Steps to success when following a recipe; read the recipe, clean a work space in your kitchen, collect all the ingredients listed in the recipe, and follow the steps of the recipe.
- Basic cooking skills, such as measuring and mixing, are the key to successful cooking.
- Convenience foods are often more expensive than home-made foods.
- Children who learn age-appropriate basic cooking skills are more likely to eat the foods they prepare and use these skills to cook as an adult.

Mini-goals

1. _____

2. _____

3. _____



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Cooking Tips

Careful measuring is important for successful cooking.

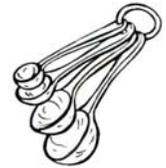
- Use a liquid measuring cup to measure liquids such as water, salad oil, milk, and juice.



- Use dry measuring cups to measure flour, sugar, dry milk, cornmeal, and solid shortening.



- Use measuring spoons for measuring either liquid or dry ingredients.



There are four steps to following a recipe.

- Make sure you have the ingredients.
- Clear a work area.
- Collect all the ingredients and equipment you need.
- Follow the steps in the recipe.

Teach your children how to cook. Give them age-appropriate tasks. Your children will enjoy cooking if you give them jobs that they are able to handle successfully.

Measurements

3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

5 1/3 tablespoons = 1/3 cup

8 tablespoons = 1/2 cup

12 tablespoons = 3/4 cup

16 tablespoons = 1 cup

16 ounces = 1 pound

2 tablespoons = 1 fluid ounce

1 cup = 8 fluid ounces

1 cup = 1/2 pint

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon



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Children in the Kitchen

TWO-YEAR-OLDS USE THEIR HANDS AS IF THEY HAVE MITTENS ON. THEY HAVE VERY SHORT ATTENTION SPANS BUT CAN DO THE FOLLOWING ACTIVITIES:

- Clean vegetables with brushes.
- Clean tables.
- Tear, break, and snap foods.
- Dip foods into dips.

THREE-YEAR-OLDS CAN DEVELOP HAND MUSCLES WITH THE FOLLOWING ACTIVITIES:

- Wrap foil around food.
- Wrap dough around meat or vegetable fillings to make many cultural dishes.
- Press dough into baking pan.
- Pour from small plastic pitchers. (Practice at the sink or in the sandbox.)
- Mix with hands or a wooden spoon in a container twice the size of the amount of the mixture.
- Shake small jars of food.
- Spread foods using dull table knives or small spatulas.

FOUR-YEAR-OLDS ARE ABLE TO USE FINGERS. THEY CAN DEVELOP FINE MOTOR COORDINATION WITH THESE ACTIVITIES:

- Use fingers to peel eggs, oranges, corn, etc.
- Roll and flatten food.
- Crack eggs with blunt table knife.
- Mash foods.

FIVE-YEAR-OLDS CAN DEVELOP FINE MOTOR COORDINATION WITH THESE ACTIVITIES:

- Measure ingredients.
- Cut soft foods.
- Teach knife safety: **“Always supervise this activity”** Use a cutting board, a knife that fits their hands, and a plastic serrated knife for soft foods. Show how to hold a knife and cut safely.
- Grate food.
- Beat with an egg beater.



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