

# 9 Tips for Cooking with Kids

1. **Be realistic / Keep it simple:** If you have a class of 32 students and only 30 minutes, make sure the recipe you choose will actually be finished and edible prior to the end of your time together.
2. **Be very well-prepared:** Where appropriate, chop, wash, preheat oven, and/or organize all ingredients and equipment ahead of time.
3. **Stay safe and clean:** Review safety expectations regarding hand washing, hot ovens, sharp knives, and crowded kitchens before beginning to cook.
4. **Work from a familiar recipe:** Print it out and have one student read the recipe, if possible, to keep group on task.
5. **Engage every child:** Make sure there is something for each student to do, depending on their skill level and interest. Encourage teamwork and taking turns – while mixing, blending, or baking, use down time to sing age-appropriate songs, count by multiples or in different languages to time equal turns.
6. **Engage the senses:** Encourage students to smell spices and herbs as you cook, taste with clean spoons as you go – adjusting for seasoning, and encourage beautiful plating.
7. **Ask lots of questions / give lots of compliments:** Have students help with figuring out measurements and the origins of ingredients, and compliment their focused efforts.
8. **Eat together!** Make sure there is time for everyone to taste what you worked together to make.
9. **“Don’t Yuck My Yum!”** This saying originated with FoodCorps and encourages brave and respectful tasting of new foods.

# Knife Techniques and Safety

- Choose knife according to job (use serrated for bread, tomatoes and other tough outer layers)
- A sharp knife is more safe than a dull knife
- Put knife down when talking and looking away
- Walk with point aimed at floor
- Wash knife separately, not with dishes
- Use safe techniques such as:

\* the "bridge"



make a hoop with your hand, cut inside the hoop

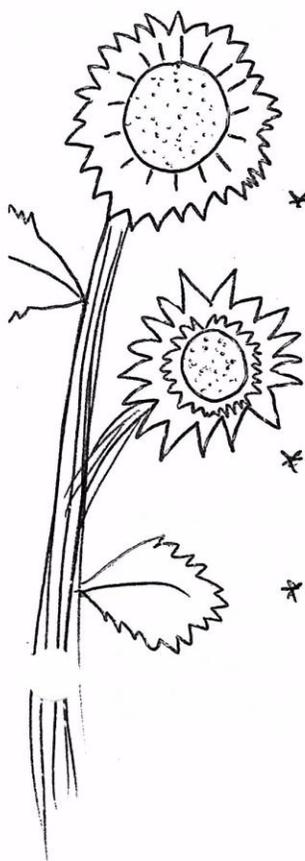
\* the "claw"



fingernails are tucked underneath

\* putting hand on back of knife and pressing down

\* saw, press and move the knife away from your body while slicing and chopping



When choosing healthy foods, read the ingredients and look for:

### Real Food:

- fruits and vegetables
- meat such as beef, chicken, pork, turkey
- seafood/fish and shellfish such as clams, oysters, mussels, shrimp, crab
- milk and milk products such as cheese, yogurt, cottage cheese, cream cheese
- dried beans
- nuts
- olive oil, coconut oil
- eggs
- whole grains such as oats, barley, rice, wheat

### Avoid:

corn syrup and high fructose corn syrup, hydrogenated and partially hydrogenated fats, monosodium glutamate, artificial flavors, "natural" flavors, dyes, words we cannot pronounce, highly processed foods, dextrose