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Cooking with Kids

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Fun Kitchen Facts

Cooking Basics

Kitchen Terms

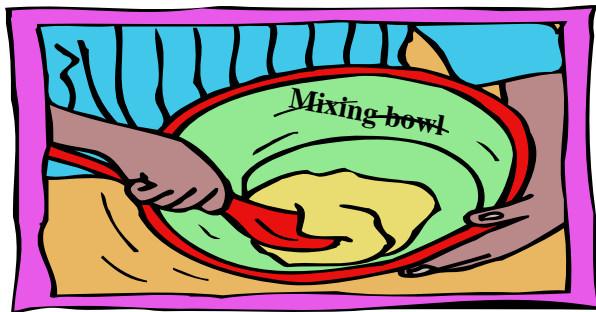




- 1/4 cup
- 1/3 cup
- 1/2 cup
- 3/4 cup
- 1 cup

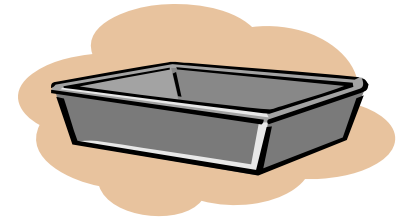
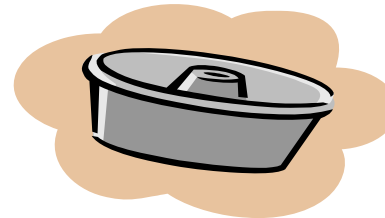
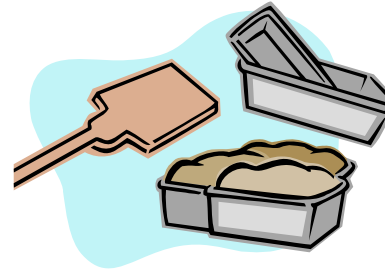
I am used to measure wet and dry ingredients

It's important to measure the right amounts before mixing them together

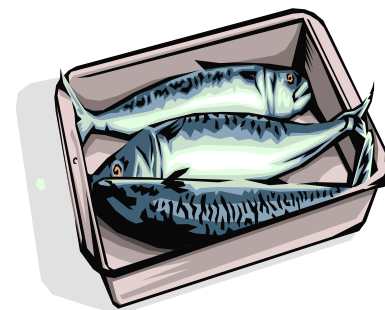
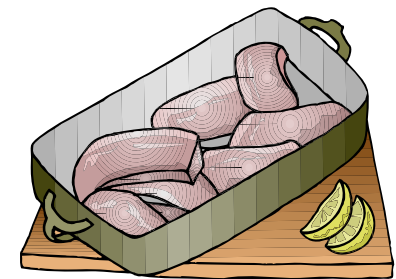


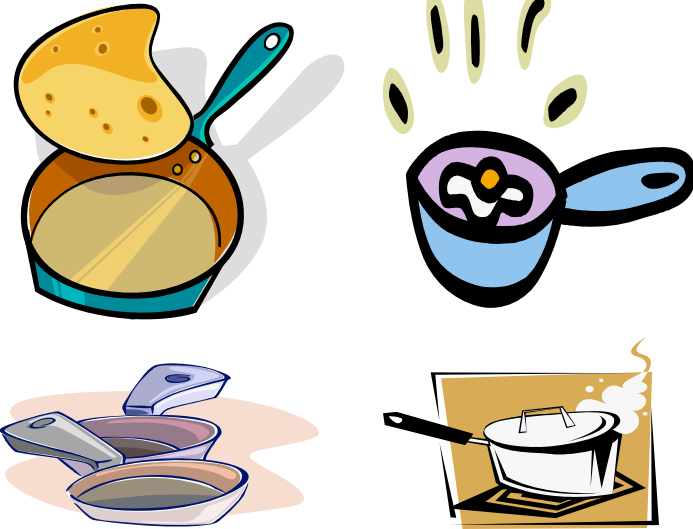
- 1/4 teaspoon
- 1/2 teaspoon
- 3/4 teaspoon
- 1 teaspoon
- 1 Tablespoon

I am used to measure wet and dry ingredients



Use me to cook in the oven



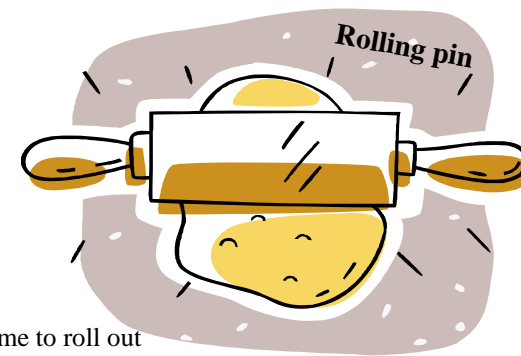


Use me to cook on top of the stove



Timer

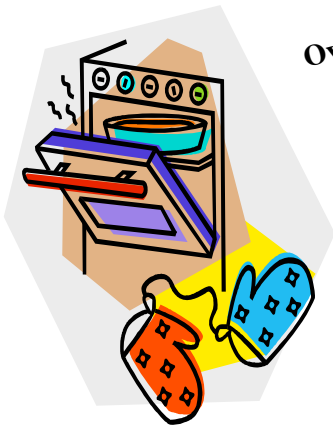
I am used to measure time when cooking.
 How long does it take to boil water or make hard boiled eggs?
 How will I know when my cake is ready to take out of the oven?



Use me to roll out dough and pastry

You can chop on me so you don't hurt the table or counter tops





Oven (Hot)

I am used for baking, broiling and slow cooking. Foods that come out of the oven are hot. Racks in the oven are also hot.. Always have an adult supervise oven use. Learn and practice fire safety tips so cooking can be fun

Use me to take hot or warm things out of the oven

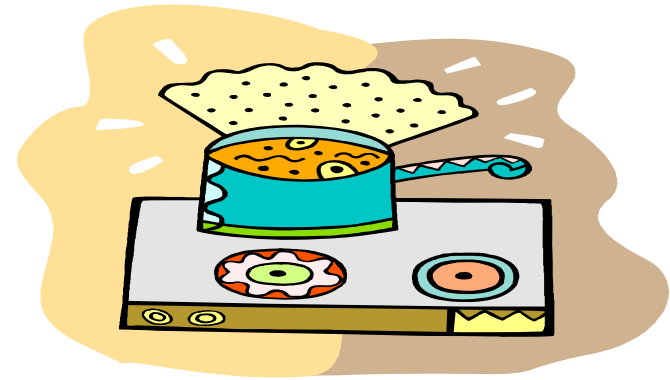


Pot holder

Microwave (Hot)



I cook and heat foods, too. I am portable but weigh a lot. Plates and bowls that come out of my oven can be very hot. An adult needs to supervise you when using me



Stove top



Burner (Hot)

Food is cooked on my burners (either gas or electric). I can get very hot and it is important that you learn to adjust the heat settings on my dials. Not only can you burn food on top of me, it is possible to burn your fingers and hands on me. Always have adult supervision when using the stove. Learn important fire safety tips too before you use me





Kitchen mixer

You can hold me in your hand to mix cakes, puddings, biscuits, cookies and other items. I am a portable small electric appliance and require adult supervision

I am a small portable electric appliance that does a great job mixing liquids together. Maybe you have had a smoothie or milk shake before. I probably was used in making these drinks for you. I have sharp blades so please have an adult supervise you when you use me



Blender



Toaster (Hot)

I am a small electrical appliance that can be moved around. I make toast from bread, pop-tarts and waffles. I can get very hot so be careful not to burn your fingers on me. An adult should supervise you when using me

Refrigerator (Cold)



I keep food from spoiling by keeping it at low temperatures. I also keep drinks like milk, water and pop cold, too. Do not play inside of me—I am not a toy. I also need to have my door shut in order to work properly. Please remember to shut my door gently but firmly when you are finished using me

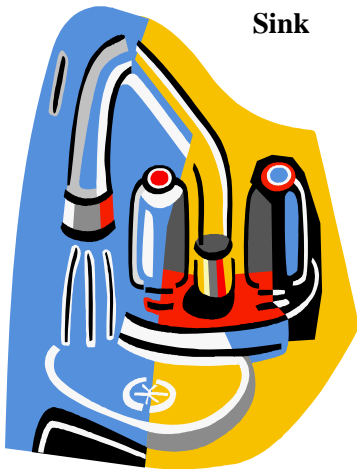


Apron

Put me on before you start to cook. I keep your clothes clean and help to stop germs from getting into food from clothing.



Sink



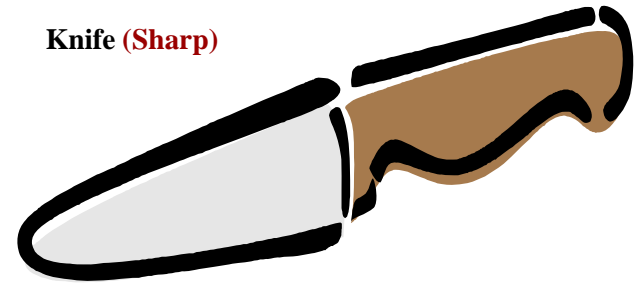
Always wash your hands in the sink before cooking. Wash fruits and vegetables before eating and always clean up your mess

Soap



I wash dishes, pots and pans at very hot temperatures so most of the time dishes come out clean. Sometimes people overload me and block off my jet sprays, so it is important to learn to load dishes properly to get them really clean

Knife (Sharp)



I am used for cutting and chopping food. I am one of the most dangerous tools in the kitchen because my blade is very sharp. Always get permission from an adult before using me and always have an adult supervise my use