



COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

Take a gourmet parent, inquisitive kids and a kitchen full of yummy ingredients, and you've got the recipe for a fun family activity.



ENCOURAGE KIDS

to try new foods and flavors.



INVOLVE KIDS

in preparing food for their birthday or holiday party.



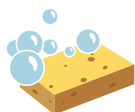
TRAIN KIDS

how to use kitchen tools and appliances safely.



GROW

a family fruit or vegetable garden for fresh produce.



TEACH KIDS

that cleaning up is a necessary part of the cooking process.



INTRODUCE

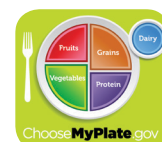
different dishes and spices from all over the world. Point out the countries on a globe or map.



SPEND TIME

with family doing a practical, hands-on activity with results kids can see and taste.

The kitchen is the perfect place to spend time with your kids while encouraging a lifelong passion for cooking and eating healthy.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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PRESCHOOL

Simple, hands-on activities are a great way for preschool-age chefs to use and develop their motor skills. They will enjoy activities such as:



WIPING
TABLES



OPENING
PACKAGES



STIRRING OR WHISKING
INGREDIENTS IN A BOWL

FRESH GRAPE & CHEDDAR SALAD

This tasty salad is perfect for little ones to assist in washing fruits and veggies, tearing lettuce and salad greens, and pouring liquids.

DIRECTIONS:



To make dressing:

In saucepan over high heat, bring grape juice to a boil. Let cook until bubbling thickly and reduced to a couple of tablespoons, about 4 minutes. Scrape into small bowl and place in freezer for about 10 minutes to chill. Remove from freezer and whisk in yogurt, vinegar and mustard until smooth. Season with pepper. Use immediately or cover and refrigerate until needed.

To finish salad:

Toss the fresh greens and grapes. Top with cheese and drizzle dressing over salad.



WHAT YOU NEED:

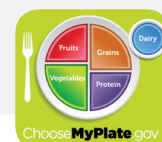
DRESSING



- 1/2 cup grape juice
- 1/2 tsp. balsamic vinegar
- 1/4 cup 2% plain, Greek-style yogurt
- 1/2 tsp. Dijon mustard

SALAD

- 3 cups fresh baby greens (arugula, romaine or spinach)
- 1 oz. cheddar cheese, grated
- 1 cup halved red or green seedless grapes

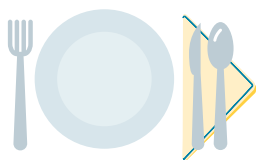


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ELEMENTARY

Elementary age children are learning to control smaller muscles in their fingertips, so cooking is the perfect way for them to help.



SET THE
TABLE



OPEN CARTONS
AND BOTTLES



CUT SOFT FOODS
WITH A BLUNT KNIFE

BAKED CHICKEN STRIPS

A kid favorite, these chicken strips will allow junior chefs to measure ingredients, grate cheese, and beat ingredients with a whisk.

DIRECTIONS:

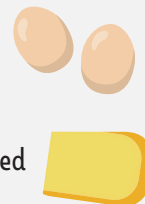
Preheat oven to 375 degrees F. Coat 9x13-inch baking dish with cooking spray. Mix together flour, salt and pepper in a bowl. In another bowl, mix together egg whites and milk. In a third bowl, mix together cornflakes and cheese.



Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in a baking dish. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

WHAT YOU NEED:

Nonstick cooking spray
1 cup unbleached, all-purpose flour
Pinch of salt
Pinch of ground black pepper
4 large egg whites
1/2 cup fat (2%) milk
1-1/2 cups crushed cornflakes
4 oz. sharp cheddar cheese, grated
6 boneless chicken breast halves,
cut into 1/2-inch-wide strips



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TWEENS & TEENS

Prepare teens for more advanced cooking tasks as they learn sequences and problem solving. Introduce recipes that offer experiences such as:



USING A MICROWAVE OR OVEN (WITH SUPERVISION)



PREPARING RECIPES WITH MULTIPLE INGREDIENTS



TOSS VEGETABLES WITH OIL IN A ROASTING PAN

CHEDDAR & TOMATO QUESADILLAS

This zesty dish is a quick and easy way for tweens and teens to practice shredding cheese and assembling quesadillas, using a skillet on the stove and using a knife (with supervision).

DIRECTIONS:

Sprinkle half of cheese over quesadillas. Top with tomato slices and remaining cheese. Press remaining tortillas on top. Set large skillet over medium heat until hot. Place first quesadilla in skillet and cook until browned on underside, about 1 minute. Turn with spatula and cook until quesadilla is browned on second side and cheese is melted, about 1 minute longer. Repeat with remaining quesadillas. Cut each quesadilla into 8 pieces. Top each with a dollop of guacamole.



WHAT YOU NEED:

- 8-inch flour tortillas
- 1 container of guacamole
- 8 oz. pepper jack or hot habanero cheddar, grated
- 4 plum tomatoes, thinly sliced

