



## “Don’t Burn the Bacon” Handout

“But really, aside from obvious third-degree burn risks, there is very little a young child can’t do in the kitchen if taught intentionally and then supervised sensibly.” (Cooking with Young Children: 5 Lessons I’ve Learned; C+Z, April 7, 2016)

“Cooking is not only a fun, engaging activity for children, but one that has been used for years as an important teaching and development tool for all ages.” (growing minds...farm to school program)

### TEACHER ROLE IN CLASSROOM COOKING:

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### Recipe: Pimiento Cheese

1/3 cup grated Colby Jack cheese

1 tsp pimiento

1 tsp mayonnaise

2 slices mini squared bread (or slider buns)

Have the children mix all ingredients together and then spread on one piece of bread.

Cover with the second piece and eat!

## COOKING ABILITIES OF YOUNG CHILDREN:

Two-year-olds are learning to use the large muscles in their arms. Try these activities:

- \*\*scrubbing vegetables and fruits
- \*\*carrying unbreakable items to the table
- \*\*dipping foods
- \*\*washing and tearing lettuce and salad greens
- \*\*breaking bread into pieces

Three-year-olds are learning to use their hands. Try these activities:

- \*\*pouring liquids into batter (you measure first)
- \*\*mixing batter or other dry and wet ingredients together
- \*\*shaking a drink in a closed container
- \*\*spreading butters or spreads
- \*\*kneading dough
- \*\*washing vegetables and fruit
- \*\*serving foods
- \*\*putting things in the trash after cooking or after a meal

Four and Five-year-olds are learning to control small muscles in their fingers. Try these activities:

- \*\*juicing oranges, lemons, and limes
- \*\*peeling some fruits and vegetables (bananas and even onions)
- \*\*mashing soft fruits and vegetables
- \*\*scrubbing vegetables (potatoes, mushrooms)
- \*\*cutting soft foods with a plastic knife (mushrooms, hard-boiled eggs)
- \*\*pressing cookie cutters
- \*\*measuring dry ingredients
- \*\*cracking open/breaking eggs
- \*\*beating eggs with an egg beater
- \*\*setting the table
- \*\*wiping up after cooking
- \*\*clearing the table after a meal

Source: WIC, Cooking Abilities of Young Children, <http://www.cdph.ca.gov/programs/wicworks>