



“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>