



# Cook Together

Youth (Ages 11–12) Lesson (45 to 60 minutes)

## OVERVIEW

When children cook, they learn life skills and build confidence and independence. Cooking provides hands-on experience with food and nutrition and young cooks are more likely to try new or different foods. Cooking together is a great way to spend time with family. This lesson reviews safety considerations when cooking in the kitchen.

## INTRODUCTION

Tell youth, “Cooking is for everyone. You learn all kinds of things about food and many different skills. We have to eat to live; by learning to cook, we also learn how to eat and live well.”

- What do you like about meals with your family?
- What kinds of things do you do in the kitchen to help prepare the meals?

Before starting to cook, we need to understand how to keep things clean and safe!

Playing it safe in the kitchen keeps us safe while we cook, keeps our food safe to eat, and makes the time in the kitchen fun!

Safety begins with planning and getting ready to cook. It also involves how we handle the various tools and appliances in the kitchen and how we handle the food we will prepare and eat. You will need help with some tasks until you learn to do them safely! Always be sure to check with your parent or an adult before you get started so they are ready to help.

### Do:



*Kitchen Safety Discussion: Youth discuss in pairs what the tool is for and what kitchen safety rules relate to this tool. Ask participants to gather in groups of two or three. Each participant selects a kitchen tool.*

Suggested tools: hand washing supplies (soap/ towel), can opener, food thermometer, pot holders, pot with lid, knife to cut lemon, cheese grater, colander or strainer, blender, measuring cups and spoons, garlic press, cutting board.

**Note:** A vegetable peeler, paring knife, and food blender are used in the recipe preparation. Show the youth the tools, discuss, and review safety rules for using these tools. Refer to ETEB Guidelines for Using Kitchen tools. Remind the youth that if they do not follow the rules, they will lose their privileges.

Ask small groups to discuss:

- What are these cool kitchen tools for?
- What safety guidelines are needed when using this tool?
- What rules would you share to keep the food and work space safe and clean?

Specifically review knife safety.



By the end of this session, participants will:

- Describe appropriate kitchen safety rules for specified kitchen tools
- Plan kitchen safety based on recipe
- Prepare a recipe to practice kitchen safety skills

## MATERIALS

- ☐ Kitchen Safety – graphic organizer – four categories: Getting Ready, While You Cook, Safe Food Handling, and Cleanup
- ☐ Kitchen Tools (age appropriate see below)
- ☐ ETEB Guidelines for Using Kitchen Tools (see Leader’s Guide)
- ☐ Simple Hummus & Crudités Recipe wall poster OR a copy of the recipe for each youth

## HANDOUTS

- ☐ Guidelines for Kitchen Safety
- ☐ Simple Hummus for a Family of Four
- ☐ Optional: Build-a-Salad recipe (if using Adults’ Lesson)

### Reflect:



*Write your kitchen safety tips on sticky notes.*

Have youth place these on the Kitchen Safety Graphic Organizer in the appropriate category: Getting Ready, While You Cook, Safe Food Handling, Cleanup.

### Apply:



*Pass out a recipe to small groups. Use the Hummus & Crudités recipe (use the Build-a-Salad recipe if lesson is being taught with family lesson.)*

Ask youth to read the recipe.

- What tools do we need?
- What ingredients or foods do we need?
- What safety guidelines need to be considered?
- Make a list of safety precautions that would apply to the recipe.

Wash hands.

## ACTIVITY

### *Preparing Simple Hummus & Crudités*

Have one student from each group come to common table and select a tray of ingredients and tools needed. The group checks to make sure all necessary tools and ingredients are there. Each group divides tasks among team members. Assign one person to track preparation time. Serve the hummus and vegetables in sampling cups and taste.

### *Let's Make a Salad*

If lesson is taught in conjunction with parent lesson, have youth prepare ingredient using Build-a-Salad recipe. Families will put salad together and make salad dressing.



### Ask the youth:

- How long did it take your team to make the hummus and crudités?
- How else could you serve this at home to make it a full meal?
- How would you rate the flavor of this recipe?
- Who could help make this recipe at home?

When the tasks are shared, it doesn't take as long and everyone gets to help!

Supplement this simple recipe with more vegetables and pocket bread to make a full meal sandwich.

Here we cooked as a team, like a family can do at home.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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### ***Additional Activity for Older Youth***

Since older youth will accomplish the above activity in less time, you may wish to include this additional activity.

Assign or have pairs of students choose one of the kitchen tools that has some safety issues associated with it (e.g., a knife rather than a bowl). Give students five minutes to prepare a brief talk on how to use the tool safely. Each student must do part of the talk and/or demonstration on safe use of the tool. Have them consider the following issues as they plan their talk and demonstration. (Participants can demonstrate how to use the tool with or without a food prop, depending on educator's preference.)

- Briefly describe what the tool is used for
- Imagine you are explaining how to use the tool to a young child. What should they do first, next?
- What safety issues do you need to know?
- How do you clean and store the tool?

Have each pair of students give their talk and demonstration. Record the presentations with a video camera to review at next meeting, or share with their parents at a family lesson.

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# Guidelines for Using Kitchen Tools

## HOW TO USE A CAN OPENER

Food safety begins with you. Wash your hands first.

- Before opening any can, wash the top of the can under running water and wipe with a clean paper towel.
- Separate the handles of the hand-held can opener and place the cutting blade on the top edge of the can.
- Squeeze handle together and turn crank attached to the cutting gear until the lid is open.
- Push down the lid with clean fingers, a paper towel, or spoon, and then lift it off, being careful to avoid cuts.
- Wash can-openers after every use. If you have an electric can opener, unplug it and carefully wipe off the blade with a clean cloth and hot soapy water. The cutting edge of a can opener is one of the leading places for bacteria to grow. It can cause food-borne illness.

## HOW TO USE A VEGETABLE PEELER

Having a peeler in the kitchen is useful when removing skin on carrots, potatoes, and cucumbers. Most peelers have a stainless steel swivel blade that rotates back and forth to adjust to the shape of the food. There are many different shapes and styles of peelers, and each takes practice to use correctly and safely

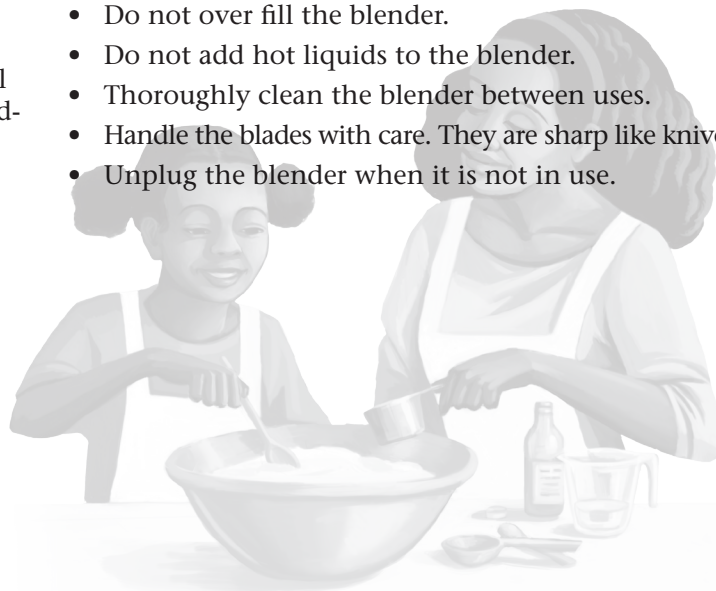
- Practice first on a carrot.
- Hold the peeler in the hand you write with and the carrot in the other hand. Hold the carrot near the top, and using some pressure, begin scraping the peel away from you and downward. Putting your thumb on the top side of the peeler and your fingers underneath helps guide the peeler.
- Turn the carrot after each top-to-bottom motion with the peeler to expose more skin. You can peel potatoes using a similar method. Using an up-and-down motion, peel the skin off.
- Use slow motion in peeling so you do not accidentally scrape your thumb or nail.

## KNIFE SAFETY

- Be very careful when cutting with sharp knives.
- Always pick up a knife by its handle, never by its blade.
- If a recipe requires dicing or chopping, use a clean cutting board, not the countertop!
- Adults should be close by to supervise when children use a sharp knife.
- Place food on the cutting board and hold it down on one end. Hold the knife in your other hand and cut down slowly and carefully.
- Always cut away from yourself.
- Never lay a sharp knife near the edge of the counter. A young child may reach up and grab the knife or knock it off.
- When you are finished using a knife, set it aside to wash separately. Do not drop sharp knives into soapy water.
- Storing knives safely is a good way to avoid painful cuts. Store knives in a knife rack, or in the drawer with the blades protected in an empty paper towel tube.

## HOW TO USE A FOOD BLENDER

- Review blender operation before starting. Look for on and off switches.
- Be sure your hands are dry before plugging in the blender or unplugging the blender.
- Keep the lid on while the blender is operating.
- Always turn off the blender to stir the foods. Never insert a spoon or other utensil into the blender when it is running.
- Do not over fill the blender.
- Do not add hot liquids to the blender.
- Thoroughly clean the blender between uses.
- Handle the blades with care. They are sharp like knives.
- Unplug the blender when it is not in use.



# Guidelines for Kitchen Safety

Fun in the kitchen means following some guidelines to keep you and the food you prepare safe.

## GETTING READY TO COOK

- Clean your workspace before you start.
- Read the recipe through. Gather the tools, equipment, and ingredients you need.
- Use an apron or t-shirt to protect your clothes. Tie back your hair back if it is long.
- Wash your hands with soap and water before and after handling food or eating.

## HANDLING THE FOOD

- Wash hands and surfaces often. Wash fruits and vegetables under running water.
- Keep raw meats, fish, and poultry separate from other foods. Use a separate cutting board for cutting meats.
- Cook foods to the proper temperature. Use a food thermometer. Keep hot foods hot.
- Refrigerate foods promptly.

*<http://www.foodsafety.gov/keep/index.html>*

## WHILE YOU COOK

- Know the safety rules for appliances. Use stovetops, ovens, microwave oven, sharp knives, and electric appliances only with adult supervision.
- Cut foods on a cutting board, not in your hands or on countertops.
- Keep track of time using a timer.
- Use potholders when handling pots and pans. Keep dry potholders handy.
- Clean up spills as you go. Use paper towels, not sponges or cloth towels.

## CLEANUP

- Turn off all appliances.
- Put ingredients back after using them.
- Clean up your workspace so it is ready for the next time.





# Simple Hummus

Makes four  $\frac{1}{4}$  cup servings.  
Kid-Tested

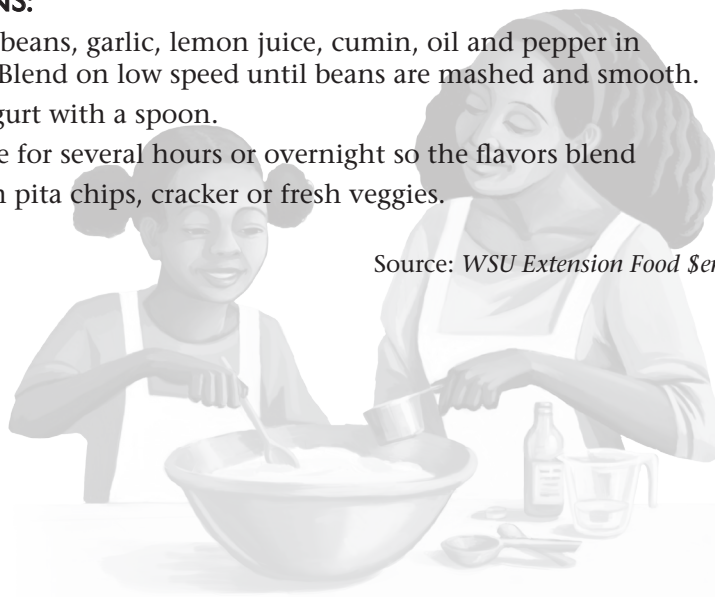
Prep time: 10 minutes | Cook time: 0 minutes

- 1 (15 ounce) can garbanzo beans, drained
- 2 medium garlic cloves, minced or  $\frac{1}{4}$  teaspoon garlic powder
- 4 teaspoons olive oil
- 1 teaspoon ground cumin
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{2}$  cup plain non-fat yogurt

## DIRECTIONS:

1. Combine beans, garlic, lemon juice, cumin, oil and pepper in blender. Blend on low speed until beans are mashed and smooth.
2. Stir in yogurt with a spoon.
3. Refrigerate for several hours or overnight so the flavors blend
4. Serve with pita chips, cracker or fresh veggies.

Source: WSU Extension Food Sense



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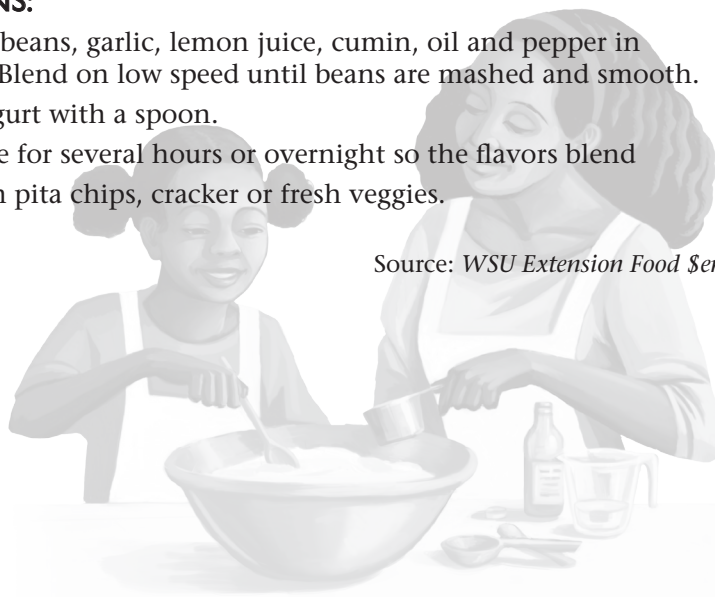
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