



Cook Together

Youth (Ages 9–10) 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. Children are more likely to try new or a larger variety of foods when they help prepare them. Cooking together is a great way to spend time with family. This lesson reviews kitchen safety considerations and applies them while preparing a recipe.

INTRODUCTION

Tell youth, “Cooking is for everyone. You learn all kinds of things about food and different skills. It is also a fun way to spend time with your family. We have to eat to live; by learning to cook, we also learn how to eat and live well.”

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

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

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/paper towel), can opener, potato masher, egg beater or whisk, juicer, vegetable peeler, four-sided grater, measuring cups and spoons, pot holders, pot with lid, sifter, garlic press.

In groups discuss:

- What is this tool used 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?

Reflect:



Write down 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.



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 with four categories: Getting Ready, While You Cook, Safe Food Handling, and Cleanup.
- ☐ Age-appropriate kitchen tools (see suggested list in lesson)
- ☐ Simple Asian Salad recipe written on poster paper.
- ☐ Simple Asian Salad recipe ingredients
- ☐ Build-a-Salad recipe and ingredients (optional, use if teaching with parent lesson)

HANDOUTS

- ☐ Guidelines for Kitchen Safety
- ☐ Simple Asian Salad for a Family of Four
- ☐ Optional: Build-a-Salad if teaching with parent lesson

Apply:

Pass out a recipe to small groups of three to four youth.



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?
- Which tasks can you help with? Which ones need adult help?

Make a list of safety precautions that would apply to the recipe. Wash hands.

ACTIVITY



Let's cook a Simple Asian Salad. (Option: use Build-a-Salad if teaching with parent session.)

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 tools and ingredients needed are there. Each group divides tasks among team members and then prepares the recipe. Ask one member of each team to track preparation time. Divide salad into four sampling cups and taste.

Ask the youth:

- How long did it take your team to make this small salad?
- What could you add to this salad to make it more flavorful or turn it into a full meal at home?
- How would you rate the flavor of this recipe?
- Who could help make this recipe at home?

Let kids reflect, express their assessment of taste. When tasks are shared, it doesn't take as long, and everyone gets to help!

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.

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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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 tee shirt to protect your clothes. Tie 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 separate cutting boards and cutting utensils for 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 stove tops, ovens, microwave oven, sharp knives, and electric appliances only with adult supervision.
- Cut foods on a cutting board, not in your hands or on counter tops.
- Keep track of time with 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 your workspace so it is ready for the next time.



Simple Asian Salad

Serves 4

4 cups shredded Chinese cabbage
1 large carrot
1 small cucumber
1 Tablespoon (about 5 leaves) each
fresh cilantro, basil or mint

Dressing:

¼ cup canola oil
½ teaspoon sesame oil
1 Tablespoon + 1 teaspoon
rice vinegar (mild)
1 Tablespoon low-sodium soy
sauce
2 teaspoons honey or brown
sugar
2 Tablespoons grated fresh
ginger
¼ cup toasted sesame seeds
(optional)

DIRECTIONS:

1. Clean all work surfaces. Wash hands and dry with paper towel.
2. With a salad knife, shred Chinese cabbage crosswise into narrow strips on cutting board. Measure 4 cups. Place in mixing bowl.
3. Wash carrots; with vegetable peeler, remove outside skin. Then use large grater to grate carrots. Measure 1 cup of grated carrots. Place in mixing bowl.
4. Wash cucumber. Use vegetable peeler to take off thick skin. Use salad knife to slice cucumber crosswise in thick rounds; and then again across rounds to make short strips. Measure 1 cup; place in mixing bowl.
5. Wash cilantro and basil (or mint). Pat dry with paper towel. Use clean hands to tear herbs into small pieces. Place into mixing bowl.
6. Into measuring cup, measure all dressing ingredients. Use small whisk or fork to blend all ingredients. Pour over all other ingredients in mixing bowl. Toss with serving spoon.
7. *Optional:* Measure toasted sesame seeds; sprinkle over mixed salad. Serve.
8. Clean up workspace.

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