

Know the Kitchen

Objective: To educate children with basic kitchen terms and allow them to acquire cooking skills and safety tips.

Materials:

Index Cards

Ground Beef

Tomato Sauce

Dried oregano/basil

Garlic Powder

Spaghetti Noodles

English Muffins

Mozzarella Cheese

Pepperoni

Kitchen facility including a stove, toaster oven, colander, and pots and pans

15 Minutes; Cooking terminology

Review definitions of words frequently used in conjunction with cooking. Make index cards, one set with cooking words and one set with their definitions. Have students match up definitions with the word.

- Bake: Cooking food in the oven.
- Blanch: Plunging vegetables into boiling water for a brief time to preserve color, texture, and nutritional value.
- Boil: Heating a liquid food until bubbles keep rising and breaking on the surface.
- Broil: Cooking food by direct heat under a broiler in a gas or electric range.
- Brown: Cooking food until it browns on the outside.
- Grease: Spreading shortening, margarine, or butter in the bottom and sides of a pan using a pastry brush or paper towel.
- Knead: Working with dough by pushing your hands against the dough, folding it, turning it, and pushing it again, making it smooth.
- Marinate: Soaking food in a mixture of seasonings, acid, or oil to enhance the flavor or to tenderize.
- Sauté: Cooking briefly in a small amount of fat in a skillet until soft and glossy.
- Season: Flavoring food by adding salt, pepper, spices, or herbs.

- Simmer: Heating a liquid until it is almost boiling, but not bubbling.

10 to 15 Minutes; Tools of the trade



Measuring cup



Measuring spoons



Timer



Can Opener



Wooden Spoon



Vegetable peeler



Wire whisk



Colander/Strainer



Ladle



Pancake Turner



Cutting Board

Review these utensils with students and see if they know the proper use for each. Explain how they are frequently used in the kitchen and why.

10 Minutes; Safety when cooking

Be safe! Here are important practices to implement in your kitchen when you are cooking. Always make sure there is an adult to help you and that they are practicing proper kitchen safety as well.

Oven and Ranges:

- * It is important to keep pot handles turned in towards the back of the stove. This will prevent you from knocking the handle with an elbow and spilling the hot contents.
- * Hot items should be kept at a safe distance from small children by using highchairs, child safety gates, and playpens. Check to see where they are before you move a hot or heavy item.
- * If toddlers are present, tablecloths and placemats should be removed because they can pull everything down on top of themselves. Be sure that children cannot climb onto cabinets, counters, or range tops.
- * Small children should be kept out of the kitchen when the oven is being used. The oven door could burn the child as they lean or fall against it especially if they grab onto the door as they are learning to walk. They may be unable to let go and will get burned.

Microwave

- * Check food before heating it in the microwave. The food may be wrapped or contain pieces of aluminum foil which could become extremely hot and ignite.
- * Children should be tall enough to take food out of the microwave in order to prevent facial burns from their face being level with the microwave. Access to the microwave should not be available for those who cannot reach easily.
- * Food that is heated in the microwave may not appear to be as hot as it really is, be very careful to make sure you do not get badly burned! Always use a mitt to prevent burns and be careful not to spill hot food when you remove it from the microwave.

25 minutes; Making Spaghetti Sauce and Pasta

Put the things the children have learned about different kitchen terms and tools into action. Make sure that when doing so they take the safety precautions and use kitchen safety guidelines.

Making Sauce

1. Brown meat in a skillet
2. Heat up tomato sauce in a pot
3. Stir in garlic and herbs to flavor
4. Add cooked meat to the liquid and heat through thoroughly

Making Pasta

1. Boil water
2. Once water has come to a boil, add noodles
3. After about 8 minutes pasta should be done (depending on the noodle used, check box for exact times)
4. Drain water using a colander and then replace noodles in the warm pot

Top the cooked noodles with sauce and enjoy!

20 Minutes; Making English Muffin Pizzas

1. On one half on an English muffin spread sauce that was made for the spaghetti above
2. Top with mozzarella cheese and pepperoni
3. Place pizzas in the toaster oven until the cheese is melted

