



Cooking with Children

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Cooking with Kids

Cooking offers children a way to learn valuable life skills and good nutrition. Put simply, food is the practical application of nutrition. Whether in the classroom or at home in the kitchen, here are some guidelines to get you started cooking with kids.

- Keep it fun! Check your mood and if you're not up to it, do it another time.
- Expect a bit of a mess!
- Stress safety and sanitation. Teach kids to tie hair back, roll up long sleeves, and wash their hands for as long as it takes to sing their ABCs. Appoint "sanitation sleuths" to keep a check on finger licking, hair touching, nose wiping and the like.
- Establish good food taster rules: If you like what you taste, let everyone know. If not, zip up your lips.
- Let the child who helps cook eat from a special "cooks helper" plate or wear a special apron.

RULES TO FOLLOW WHEN COOKING



1. Always wash your hands before cooking.



2. Wear an apron.



3. Don't cry if it doesn't work the first time.

Have FUN!!!



*Check age appropriate skill levels
to avoid frustration
and keep cooking interesting*

2-Year Olds

- Breaking
- Scrubbing
- Snapping
- Tearing
- Washing hands
- Wiping counters/table tops

4-Year Olds

- Grating
- Grinding
- Mashing
- Peeling with fingers (then with a peeler)
- Shucking corn

3-Year Olds

- Cracking eggs
- Cutting out shapes with cookie cutters
- Mixing
- Pouring
- Rolling with hands
- Shaking
- Spreading (soft onto firm)

5-Year Olds

- Cutting/chopping (with table knife or plastic serrated knife)
- Dividing/portioning
- Greasing pans
- Kneading
- Sifting
- Using rotary beater

Remember: Involving children in food preparation activities will spark their interest in eating a variety of foods.





Educational Baking



Teach them five tasty skills

Here's a taste of all the skills little ones can learn while baking carrot cake or a batch of oatmeal cookies. Consider it scrumptious schooling on the sly!

1. Math Whether you're filling a pan with half the batter, breaking three eggs into a bowl, or measuring out $\frac{1}{3}$ of a cup of oil, baking offers many opportunities to teach your children about arithmetic. Be sure to ask pointed questions to get them thinking such as: "How much of the measuring cup is still empty?" and "If this recipe calls for two sticks of butter and we only have half a stick in the fridge, how many do we need to buy at the supermarket?" What better way to introduce real-life math applications than with double chocolate brownies?

2. Culture Baking desserts from different parts of the world is a wonderful way to teach your children about different cultures—including your own. Use a family recipe for zeppole as an opportunity to talk about grandma's childhood in Sicily, or a flan you discovered during a childhood trip to Argentina. You'll see how the preparation of ethnic recipes often leads to discussions on customs, language, holidays, and more.

3. Organization Getting ready to prepare dessert can help little ones learn patience and planning. Have them look over the recipe in advance and make a list of all the ingredients that are not in the kitchen and need to be purchased. Before launching into preparations, get out the pots, pans, bowls, and utensils. Once everything is set up, determine who will do which task.

4. Following directions Baking is a process in which steps must be executed in a particular order for a recipe to be successful. Ask your child, "Wouldn't it be silly if we poured all the ingredients into the cake pan before combining them with the mixer?" or "The recipe says to let the cake cool before icing. What do you think might happen if we ice the cake while it's still hot?" Your child can also learn to follow the household rules: Wash hands before cooking and clean up before leaving the kitchen, for example. Remember that kids get excited easily, so you may have to repeat directions often.

5. Responsibility Give kids—even young ones—a role in the baking experience. Preschoolers can wash fruits and knead dough, while older children can break and beat eggs, measure out ingredients, and frost cakes. Clean-up is the perfect time to teach children about completing a project from beginning to end.

RECIPES FOR CHILDREN TO TRY...

SUPER EASIES

Ants on a Log.....Fill celery with peanut butter, pineapple cheese spread, deviled ham spread, or deviled egg spread. Sprinkle peanuts, sunflower seeds, or raisins on top.

Green Green Grass.....Spread whole wheat crackers with cream cheese or fruit cheese spread and top with alfalfa sprouts, nuts or raisins.

Quick Kabobs.....Cut in cubes; banana, apple, melon, cheese. Put on a skewer, dip in orange juice then coconut and eat!

Apple Wedges.....Spread apples with peanut butter and chopped nuts.

Banana Special.....Slice a small banana. Pour 1/4 cup orange juice over banana or dip in lemon yogurt then sprinkle with nuts. Freeze for a handy treat.

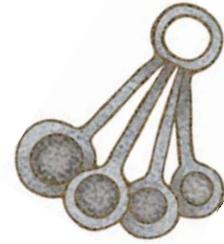
Popcorn.....Sprinkle popcorn with parmesan or cheddar cheese.

Nutnana.....Slice a banana lengthwise. Dip in orange juice. Spread peanut butter on cut edge. Sprinkle with chocolate chips, raisins or coconut. Put halves back together.



Peanut Butter Balls

- 1/2 cup peanut butter
- 2-1/2 Tablespoons powdered milk
- 2 Tablespoons raisins
- 2 Tablespoons honey
- 1/4 cup coconut



Mix together. Make into balls. Roll in sesame seeds. Eat and enjoy

Banana Bug



Have your kids poke pretzel sticks into a not-too-ripe banana for legs and antennae. Use peanut butter for eyes and to glue on a raisin spine and watch them devour it, one leg at a time.



Devilish Eggs

- 1 hard-cooked egg*
- 1/2 teaspoon yogurt and 1/2 teaspoon mayonnaise or 1 teaspoon mayonnaise
- Pinch salt and pepper
- Paprika



Remove shells from eggs and cut lengthwise. Carefully remove yolk and place in small bowl or custard cup. Mash yolk with a fork and add remaining ingredients. Mix well. Spoon mixture back into egg white halves. Sprinkle with paprika. Makes 2 deviled eggs.

- Hard cooked eggs: In a sauce pan, cover eggs with water. Heat water to a boil. Remove pan from heat, put lid on pan and let sit for 15 minutes. Drain hot water. Run cold water over the eggs until they are cool to the touch.

Ladybug Salad

As much fun to make as it is to eat!

1/2 ripe tomato
Black olives (sliced)
Celery “feathers”



Place tomato half on plate so rounded side is up. Use toothpicks to place olives on tomato to make the ladybug’s head and spots. Use the leafy ends of the celery (the “feathers”) to make the antennae.

Just
like
MOM’S

Fruit Nutter Butter

1 cup crunchy peanut butter
2 tablespoons honey
1 cup peeled, diced oranges or well-drained canned pineapple

Blend peanut butter and honey. Add oranges or pineapple and mix. Spread on bread or English muffins (raisin muffins, yummmmmm!)

More ideas. Top a bagel, whole wheat bread, cracker or stuff into pocket bread.

- Chopped cooked chicken, celery, apple chunks and a little yogurt.
- Orange chunks, peanut butter and raisins.
- Tuna, pickle chunks, grated cheese and a small amount of mayonnaise.
- Chopped cooked turkey, green grape halves, pineapple and a combination of mayonnaise and yogurt.
- Toast bread then top with cottage cheese. Sprinkle lightly with sugar and cinnamon. Broil.

Thin slices of cooked beef or chicken, tomato chunks, green pepper slivers and a combination of sour cream and mustard.



Roll'Em Ups

- 4 deli-style slices turkey, ham or roast beef
- 1 stick string cheese
- 1 dill pickle
- 4 teaspoons light cream cheese

Pat meat dry with a paper towel. Spread 1 teaspoon cream cheese on each slice of meat. Quarter string cheese and pickle lengthwise. Place cheese and pickle on meat and roll up.

Alternative: Substitute a thin carrot stick or red pepper slice for the pickle.

Monster Toast

- 4 separate cups of milk
- Add food coloring to each cup
- Paint a monster on a piece of bread
- Toast the bread
- Butter lightly
- Munch your monster toast



Note: Make the milk paint brightly colored.

Also fun to do with sugar cookies

Letter Pretzels

- Dissolve 1 Tablespoon yeast in 1/2 cup of warm water
- Add 1 teaspoon honey & 1 teaspoon salt
- Add 1-1/3 cups of flour
- Knead
- Roll pieces form letters on wax paper over a letter guide.
- Brush with beaten egg
- Sprinkle with salt
- Bake 10 min at 425°



Note: Pre-heat oven; Use coarse salt if available

Bread Sticks

1 loaf frozen bread
1/3 cup butter
1/2 teaspoon garlic salt
1/4 cup corn meal
Salad Supreme
Parmesan cheese



Heat oven to 400° Roll thawed dough on a floured surface. Roll lengthwise until dough is 1/2" thick. Cut strips of dough crosswise 1" wide. Melt butter over low heat. Add garlic salt. Sprinkle corn meal on a cookie sheet. Dip strips of dough in garlic butter, then place on cookie sheet. Sprinkle with Salad Supreme and Parmesan cheese. Bake until golden brown 15-18 minutes.

Tortillas' N Cheese

6 flour tortillas
1 cup grated cheddar cheese
Soft butter

Turn oven on broil. Spread each tortilla with a thin layer of butter. Sprinkle grated cheese on each tortilla. Broil in oven for 3-5 minutes, until cheese starts to bubble.

Butterfly Sandwich



Cut a slice of bread diagonally into halves and arrange them on a plate with the cut edges facing out to resemble wings. Spread on cream cheese and top with sliced olives, snipped chives, and strips of fresh bell pepper. For the body, place a piece of pepper between the wings and add carrot-curl antennae.



CAKES ♦ ♦ ♦

Whacky Cake

Heat oven to 350°. Mix the ingredients directly in 8x8" pan

Sift together in pan:

1-1/2 cups flour

1 cup sugar

3 tablespoons cocoa

1-1/2 teaspoons soda

1/2 teaspoon salt

Make a lake in the middle with:

6 tablespoons oil

1 teaspoon vinegar

1 teaspoon vanilla

1 cup cold water

Stir with a fork until well blended. Bake for 30 minutes. Sprinkle powdered sugar over the top while still warm or frost with your favorite frosting.

Shake Em Up Cake

2 eggs

1/2 cup sugar

1/2 cup oil

1/2 cup orange juice

1 cup flour

1-1/2 teaspoons baking powder

1/2 teaspoon salt



Heat oven to 375°. Grease an 8x8" cake pan. Break eggs into a quart jar. Screw lid on tightly. Shake 10 times. Add remaining ingredients and shake 40 times or until smooth. Pour in greased pan and bake 20-25 minutes.

Icing: Mix 1-1/2 cups powdered sugar with 3 tablespoons orange juice. Spread on cake.

Scary Halloween Munchies

Dried Ants.....Raisins

Ghosts.....Cauliflower or mini marshmallows

Witches Toes.....Carrot sticks with a black olive on the end

Frogs.....Chunks of pickle

Dried Bugs.....Twisted pretzels or prunes

Witches Brew.....Apple cider or orange juice with a dollop of vanilla ice cream

Bat Cakes.....Cup cakes or muffins

Owl Eyes.....Deviled eggs

Bat Eggs.....Red Grapes

No Bake Cookies

Boil:

2 cups sugar

1/2 cup milk

1 square butter

3-4 Tablespoons cocoa

1/2-2/3 cup peanut butter

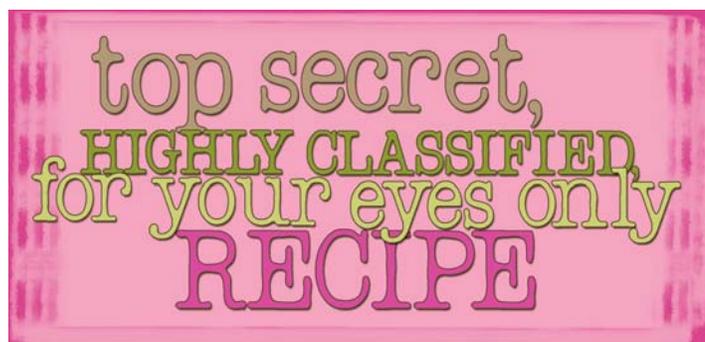
Add:

1 teaspoon vanilla

4 cups quick oats



Drop on wax paper and enjoy



Ice Cream in a Bag

What you'll need:

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

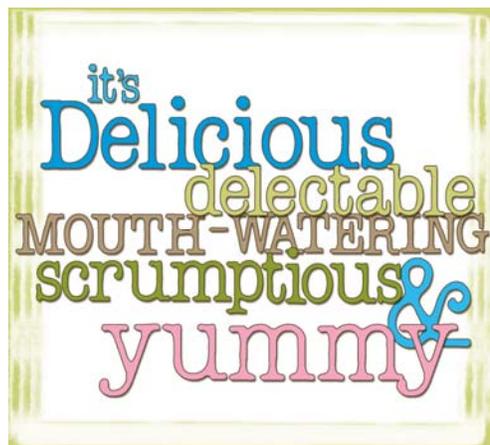


How to make it:

Fill the large bag half full of ice, and add the rock salt. Seal the bag. Put milk, vanilla, and sugar into the small bag, and seal it. Place the small bag inside the large one, and seal it again carefully. Shake until the mixture is ice cream, which takes about 5 minutes. Wipe off the top of the small bag, then open it carefully. Enjoy!

Tips:

A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that -- a large amount might be too big for kids to pick-up because the ice itself is heavy.



DRINKS

Banana-Berry Drink

- 1 ripe medium banana
- 1 cup milk
- 1/2 cup strawberry yogurt
- 4 ice cubes



Remove the peel from the banana; cut into chunks. Put milk, yogurt, ice cubes and banana chunks into a blender; cover with lid. Blend about 1/2 minute or until smooth. Pour into glasses; top with sliced strawberries. Serves 2

Jungle Fun Toss

- 2 cups apple-cinnamon round shaped cereal
- 2 cups round shaped cereal
- 2 cups honey-nut round shaped cereal
- 1-1/2 cups animal shaped crackers
- 1-1/2 cup pretzel twists
- 1-1/2 cup cheese-flavored snack crackers
- 1/2 cup assorted gummi candy fruit shapes

Mix all ingredients in a large bowl. Store in airtight container.
Makes 10-1/2 cups