

5-6 years *All of the above plus...*
 Help adult measure ingredients (stir, spoon, level)
 Cut with a blunt knife (plastic or tableware)
 Use a hand held egg beater or whisk
 Crush crackers in a bag with a rolling pin
 Sprinkle ingredients on salads, cakes, cookies, casseroles

K-2nd graders: *All of the above plus...*
 (ages 6-8) Clean surfaces before and after
 Wash fruits and/or veggies
 Gather ingredients, pans;
 Grease or spray baking pans
 Stir dry ingredients, spoon in dry measure cup; level off
 Measure liquid ingredients
 Add measured dry and liquid ingredients into mixing bowl
 Learn to crack eggs
 Cut fruit, margarine or butter sticks with plastic or table
 knife on cutting board
 Push buttons on blenders, processors
 Knead dough
 Preheat the oven (adults help load products in hot oven)
 Wash dishes, put away ingredients or utensils

Get adult help with sharp knives or peelers, opening cans/bottles, stirring thick mixtures, loading and unloading the oven and handling baking pans

3rd-6th graders: *All of the above, plus...*
 (Ages 9-12 and up) Learn safe knife skills for chopping, dicing, and cutting
 Teach how to handle food equipment safely
 Teach to place oven racks and load oven (while oven is cold)
 Safe operation of electric mixer, microwave, bread machine
 food processor and hand held blender
 Follow a recipe, measure accurately and prepare a product
 Read and interpret ingredient and food labels
 Handle/store food ingredients and finished products safely
 Plan and prepare simple meals, snacks
 Clean up—how and what to wash in dishwasher or by hand

Teens: *All of the above, plus...*
 Tasks requiring multiple preparation steps or close timing
 Create new flavor combinations, shapes or decoration
 Plan and prepare whole menus for meals or entertaining
 Make shopping lists and shop for ingredients
 Help younger children learn about food and how to prepare
 Enjoy cooking with peers

Pictures worth a thousand words?

American Egg Board *Cooking Methods* section. www.aeb.org
***Baking for Success* video.** Home Baking Association. www.homebaking.org
Betty Crocker's *Kids Cook!* General Mills, Inc. www.bettycrocker.com
Baking 9-1-1. *How to section.* www.Baking911.com
Cooking 1,2,3. www.cherrymkt.com
Kids a Cookin'. TV and video series. www.kidsacookin.org Spanish and English.
 Kansas State University Family Nutrition Program, 2001-2003
Kids in the Kitchen. Micah Pulleyn & Sarah Bracken. 1994. Altamont Press.
 Sterling/Lark Book, 387 Park Avenue South, NY. 10016.

Cooking/Baking Connects Nutrition What, When and Why

Preschoolers:
 Promotes a wide variety of foods
 Need to try new foods over 12 times!
 Adults model nutritious meals/snacks
 Connects good food choices with growth
 Focuses on sensory experiences

K-2:
 Connects food and health—what foods do for you
 Introduces food groups/Food Guide Pyramid
 Helps child take food responsibility for choices
 Offers incentive/rewards

3rd-6th:
 Offers independence
 Forms lifelong habits
 Emphasizes skill development
 Helps expand positive nutrition choices
 Teaches shopping, menu-planning, cooking confidence
 Provides practice interpreting ads, media portrayal of body image

Teens
 Helps reduce peer influence, develop own tastes, entertaining skill
 Food knowledge and skill help reduce erratic eating habits
 Provides outlet for interest in how nutrition affects them
 Include use of nutrition analysis software to compare commercial foods and home prepared; assess their diets
 Part of active lifestyles; emphasize effect on sports, appearance, academic performance

Ready to Learn?
 Cafeteria Classroom
 School Foodservice & Nutrition. April 2000.
 Connie Evers, RD