



High Yield Baking... The Thrill of Skill

Q: Why Learn to Bake and Cook?

Children and adults learn a lot together in the kitchen. The “high yield” results of cooking or baking together contributes to functional literacy and stronger relationships at home and in groups. Work place competencies learned include time (resource) management, team skills, following directions, and problem solving. Tummy driven young people add another component of an active, healthy, lifestyle—preparing your own food!

“Research consistently shows that integrating nutrition and food education into the larger curriculum and providing children with hands-on cooking experiences changes what they are willing to eat.”

The Cookshop Program. Toni Liquori. *Journal of Nutrition Education*. Sept/Oct. 1998.

Getting Started: Read the recipe top to bottom before starting!
Plan tasks that fit age and coordination.
Allow enough time; if needed, split the recipe into two days of preparation.
Review *Tips for Baking Success* Fact Sheet.

Age-Appropriate Kitchen Tasks

Preschoolers: Older children gain from helping younger ones learn.

2 year olds can learn: Proper hand washing
Wipe table tops
Play with utensils
Scrub, wash, tear, snap, break into pieces
Move pre-measured ingredients from one place to another; add ingredients to a bowl

3 years *All of the above plus...*
Handle dough, begin kneading, simple shaping
Pour cool liquids into mixture
Mix dry ingredients with wire whisk or spoon
(use an extra large bowl to contain mess)
Shake liquids
Spread soft spreads
Place things in trash

4 years *All of the above plus...*
Peel loose skinned oranges; hard cooked eggs
Move hands to form round shapes (dough pieces)
Mash fruits (bananas) or cooked vegetables
Cut with dull scissors (snip green onions, dried fruits)
Set table

High Yield Results

Make the goal bigger than just making the food! Baking and cooking connect with national education standards.

Visit: www.mcrel.org/standards-benchmarks.

Art. Creative menu additions, dough shaping, cake/cookie decoration

Current affairs. Ask members to gather TV or food and nutrition topics to share. Stroll the food aisles. What’s new? Visit www.usda.gov/news/usdakids

History/Social studies.

Explore what people ate in 1700s; the South; Lewis & Clark; pioneers; Native Americans.

See www.historycooks.com
www.kitchenlane.com
www.aromancewithbaking.com

Cultural Ties. Find and share favorite family or cultural recipes. Write the recipe and enter it as a Recipe of the Month at www.homebaking.org
An African American Cookbook. Phoebe Bailey. www.goodbks.com

Literacy. Read a related story together. Reading and following directions. Write recipes, plan events, give directions, prepare invitations, write club food newsletter. Write product labels.

Team Nutrition Booklist
www.msue.msu.edu/fnh/tn/booklistintro.htm

Math. Calculate the dough or batter volume and weight. How many will it serve? Find your product’s net weight in ounces and grams. Double or halve recipes to produce a certain end quantity. Calculate recipe costs and price products for bake sale profit. Conduct a consumer survey and see what percentage of the group liked or disliked a recipe? Compare food prices and nutritional values.

Science. Ingredients have unique functions in batter and dough. Temperatures matter! Accurate weights and measures are critical. What adjustments does high altitude require? What physical and chemical changes occur? More
Kitchen Science: homebaking.org

Technology. Explore baking/cooking websites. Use small and large appliances; read the

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:

(Ages 9-12 and up)

All of the above, plus...

- 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

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

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.