

# Kids a Cookin' an edible experience



OPEN HEARTS. OPEN MINDS. OPEN DOORS.

Debbie Hochard

**K-STATE**  
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Meadowlark  
District

Kansas State University Agricultural Experiment Station and Cooperative  
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Cindy Williams, Laura Phillips, and Heather Roenne

# Did you wash your hands?"

How many times did you hear that today? Probably a lot. But why are adults so hung up on hand washing? Why are they so in love with lather?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick. When germs go down the drain, they can't make anyone sick.

The best times to wash your hands are:

- before eating or touching food (like if you're helping cook or bake, for example)
- after using the bathroom
- after blowing your nose or coughing
- after touching pets or other animals
- after playing outside
- before and after visiting a sick relative or friend

Now you have the when and the why of hand washing. But did you know that a lot of people don't know how to get their paws perfectly clean? The next time you're told to step up to the sink and scrub up, remember these handy hints:

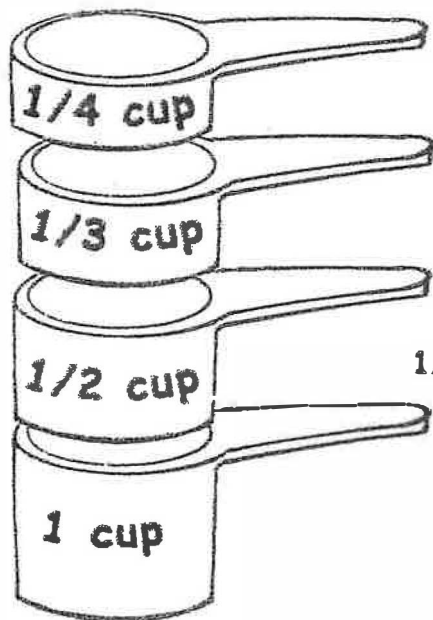
1. Use warm water (not cold or hot) when you wash your hands.
2. Use whatever soap you like. Some soaps come in cool shapes and colors or smell nice, but whatever kind that gets you scrubbing is the kind you should use. Antibacterial soaps are OK to use, but regular soap works fine.
3. Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails. This is one place germs like to hide. Wash for about 10 to 15 seconds - about how long it takes to sing "Happy Birthday." (Sing it quickly two times or just once if you go nice and slow.)
4. Rinse and dry well with a clean towel.

# Safety In The Kitchen

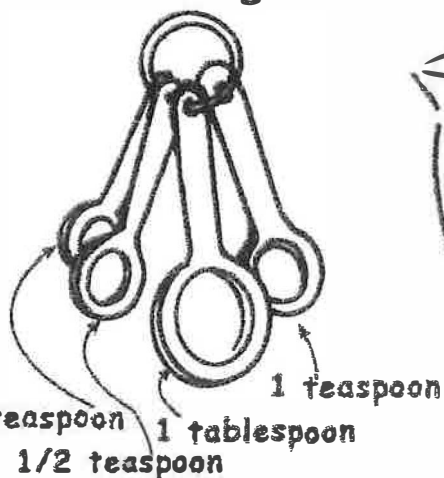
1. Do not turn on a burner / element until you are ready to use it.
2. When using a knife, cut away from you.
3. Use a cutting board to protect the counter top.
4. Do not reach over an open flame.
5. Never allow a knife to lie loose in the dishwasher.
6. Carry sharp objects, such as knives or scissors, with the point down.
7. Turn the handle of a saucepan inward or toward the back of the range.
8. When you take the lid off a saucepan, lift the far side of the lid first so the steam will rise away from you.
9. If grease in a skillet or broiler should catch fire, turn off the heat at once. Then smother the fire with baking soda or salt.
10. Cleanliness is a good safety measure against the spread of germs. Wash hands after touching hair or blowing nose.
11. When you taste food that you are cooking, use a clean spoon rather than the one you have used in stirring. When you are not using them, keep your stirring and tasting spoons on a saucer nearby.
12. Use a pot holder to lift a hot saucepan or other hot utensil.



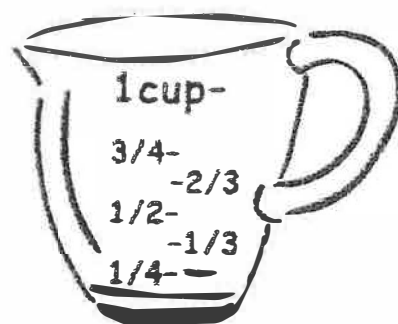
## Measure it right



### DRY MEASURE



### MEASURING SPOONS



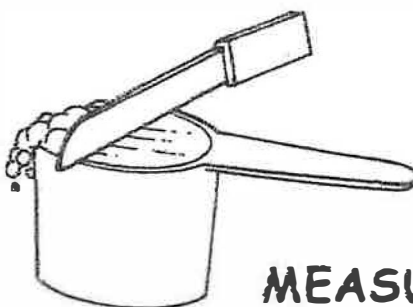
### LIQUID MEASURE

### ABBREVIATIONS

Cup = C  
Tablespoon = Tb.  
teaspoon = tsp.  
1/2 teaspoon = 1/2 tsp.

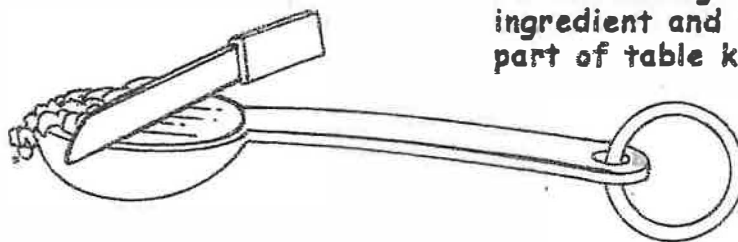
### DRY MEASURE

Fill dry measuring cup with dry ingredient and level off with flat part of table knife blade



### MEASURING SPOONS

Fill measuring spoon with dry ingredient and level off with flat part of table knife blade

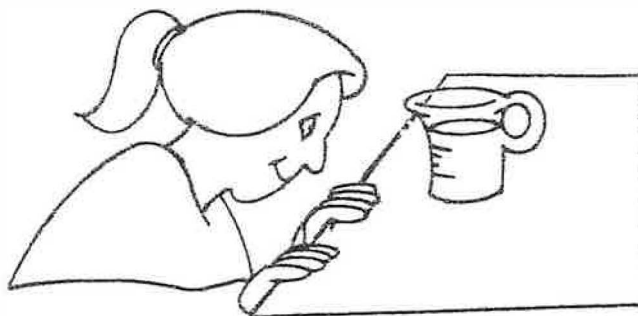


### LIQUID MEASURE

Fill liquid measuring cup with liquid to right quantity marker line

### TO CHECK

Place the cup on a flat surface and check measured quantity at eye level



# Cooking Measurement Equivalents

The information below shows measuring equivalents for teaspoons, tablespoons, cups, pints, fluid ounces, and more. This page also includes the conversions for metric and U.S. systems of measurement.

1 tablespoon (tbsp) = 3 teaspoons (tsp)

1/16 cup = 1 tablespoon

1/8 cup = 2 tablespoons

1/6 cup = 2 tablespoons + 2 teaspoons

1/4 cup = 4 tablespoons

1/3 cup = 5 tablespoons + 1 teaspoon

3/8 cup = 6 tablespoons

1/2 cup = 8 tablespoons

2/3 cup = 10 tablespoons + 2 teaspoons

3/4 cup = 12 tablespoons

1 cup = 48 teaspoons

1 cup = 16 tablespoons

8 fluid ounces (fl oz) = 1 cup

1 pint (pt) = 2 cups

1 quart (qt) = 2 pints

4 cups = 1 quart

1 gallon (gal) = 4 quarts

16 ounces (oz) = 1 pound (lb)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in) = 2.54 centimeters (cm)

# Cooking Dictionary for Kids

## Learning What Basic Terms Mean

### **Bake**

To cook in an oven.

### **Beat**

To mix ingredients together with a fork, whisker, or mixer at a high speed. The purpose of this action is to add air to the mixture, which makes it smooth.

### **Blend**

To mix two or more ingredients together with a spoon or mixer.

### **Boil**

To heat liquid to the point that it bubbles vigorously. The point at which liquid boils is 212 degrees Fahrenheit (100 degrees Celsius).

### **Broil**

To bake something at a very high temperature in the oven under the broiler. This helps turn foods brown on top. If not watched carefully, though, it can burn food quickly. It is very important to follow cooking directions when using a broiler.

### **Celsius**

A measure of temperature where 0 degrees is the freezing point and 100 degrees is the boiling point of water. You will often see this abbreviated as C.

### **Chill**

To place food in the refrigerator to make it cold.

### **Chop**

To cut into small pieces on a cutting board.

### **Cool**

To let food recently cooked stand at room temperature until no longer warm.

### **Cream**

To mix butter and sugar together in a bowl with a spoon or whisk until it becomes creamy.

### **Cube**

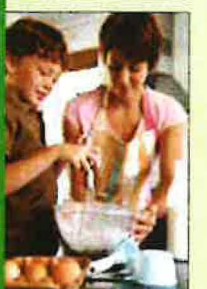
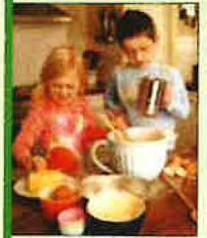
To cut food into small square pieces.

### **Dash**

A small amount of an ingredient such as pepper or salt, meaning to shake out one drop or sprinkle from a shaker.

### **Dice**

To cut into cubes of the same small size.



(continued next page)

**Dissolve**

To stir a dry or powdered ingredient with liquid until it disappears.

**Dough**

A mixture of flour and water that is thick enough to roll and knead. You can also drop it from a spoon.

**Drain**

To remove liquid from food by putting it into a colander to separate the food from the liquid. The liquid will "drain" into the sink or a pot.

**Drizzle**

To pour lightly from a spoon over food.

**Dust**

To lightly cover food with a dry ingredient, such as confectioner's sugar.

**Fahrenheit**

A measure of temperature where 32 degrees is the freezing point and 212 degrees is the boiling points. You will often see this abbreviated as F.

**Fold**

To combine ingredients using a gentle up and down motion with a spoon.

**Grate**

To rub food on a grater's punched holes to make small pieces of food.

**Grind**

To cut or crush food in a grinding machine or blender.

**Knead**

To mix dough into a smooth texture by pressing and folding with your hands until soft and smooth.

**Measure**

To use measuring cups and spoons to get the right amount of an ingredient.

**Melt**

To turn a solid into liquid by placing it over heat.

**Mince**

To chop very finely.

**Mix**

To combine ingredients together so they are blended evenly.

**Peel**

To remove the skin of a food using a peeling instrument (such as cucumbers and carrots).

**Roast**

To cook in the oven using dry heat.

**Saute**

To cook quickly in a pan over medium-high heat with a small amount of fat or liquid.

**Shred**

To rub a large food across a surface with medium to large holes or slits to make small pieces.

**Sift**

To put a dry ingredient in a sifter to break up the lumps and make it fine.

**Simmer**

To cook over a low heat to keep a food warm, but not let it boil.

**Slice**

To cut food into thin pieces with a knife.

**Stir**

To mix in a rounded motion with a spoon or whisk.

**Toss**

To mix several ingredients by lightly shaking the bowl the ingredients are in.

**Whip**

To beat rapidly, usually with a spoon, whisk, or blender, to add air into the mixture.

**Whisk**

To beat ingredients together with a wire whip until they are well blended.



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Source: Share Article | June 2, 2007 Denise Oliveri

Read more at Suite101: Cooking Dictionary for Kids: Learning What Basic Terms Mean [http://kids-cooking.suite101.com/article.cfm/cooking\\_dictionary\\_for\\_kids#ixzzOptpWpVG7](http://kids-cooking.suite101.com/article.cfm/cooking_dictionary_for_kids#ixzzOptpWpVG7)



# The Best Popcorn Trail Mix

★★★★★

5 from 1 vote

Sweet, salty, and full of crunch. This popcorn trail mix has it all! Pack it for work, school or a road trip for an easy high fibre snack.

Prep Time  
10 mins

Total Time  
10 mins

Course: Snack    Cuisine: American    Keyword: Make Ahead, meal prep    Servings: 12

## Ingredients

- 6 cups popcorn of choice
- 1 cup pretzels
- 1 cup nuts or seeds almonds, cashew, peanuts, walnuts, sunflower seeds etc.
- ½ cup chocolate
- 1 cup roasted chickpeas
- 1 cup Shreddies or cereal of choice
- ½ cup dried bananas
- ½ cup crushed graham crackers
- ¼ cup hemp seeds



## Instructions

1. In a large bowl or glass jar, add popcorn and layer with toppings of choice. Use a large spoon (or pour into a large Tupperware) to mix together the trail mix ingredients.

## Nutrition

Calories: 222kcal | Carbohydrates: 26g | Protein: 7g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 5g | Trans Fat: 0.01g | Sodium: 203mg | Potassium: 206mg | Fiber: 5g | Sugar: 4g | Vitamin A: 98IU | Vitamin C: 1mg | Calcium: 62mg | Iron: 4mg

# Easy Homemade Flour Tortillas

Serves 12

20 mins prep

10 mins cook

30 mins total

## What you need

- 3 cups all purpose flour
- 2 teaspoons baking powder
- 1 ½ teaspoons kosher salt
- 5 tablespoons salted butter, at room temperature (or coconut oil)
- 1 cup hot water

## How to make

1. In a bowl, combine the flour, baking powder, and salt. Add the butter, then pour over the hot water. Stir until a shaggy dough begins to form.
2. Turn the dough out onto a floured counter. Use your hands to knead the dough for 1-2 minutes until it forms a smooth ball. Cover the bowl with a damp towel and let rest 10 minutes.
3. Cut the dough into 12-14 equal wedges, then roll each wedge into a ball (they don't need to be perfect). Use a rolling pin or a tortilla press to roll the dough out into an 8 - inch circle.
4. Heat a skillet over medium-high heat. Add a small drizzle of olive oil, then a tortilla. Cook 30-60 seconds, until little bubbles appear on the surface. Flip and cook another 30 seconds, or until the bottom is slightly golden. Set on a plate and cover with a towel. Repeat with the remaining dough.
5. Serve warm (yum!) or save for later. Keep the tortillas stored in an airtight container for up to 3 days.

## Nutrition

1 tortilla: 159 calories, 5g fat (1g saturated fat), 0 cholesterol, 148mg sodium, 24g carbohydrate (0 sugars, 1g fiber), 3g protein. **Diabetic Exchanges:** 1.500 starch, 1 fat.



# Cheese Quesadilla



5 from 103 votes

This cheese quesadilla is made on a flour tortilla on the stovetop! Just heat your pan, add butter, and build your quesadilla and eat in just 5 minutes!

|                   |                               |
|-------------------|-------------------------------|
| <b>Course</b>     | <a href="#">Entree, Lunch</a> |
| <b>Cuisine</b>    | <a href="#">Mexican</a>       |
| <b>Prep Time</b>  | 0 minutes                     |
| <b>Cook Time</b>  | 5 minutes                     |
| 0 minutes         |                               |
| <b>Total Time</b> | 5 minutes                     |
| <b>Servings</b>   | 2 servings                    |
| <b>Calories</b>   | 365kcal                       |
| <b>Author</b>     | <a href="#">Yumna Jawad</a>   |

## Equipment

- [Anodized Nonstick Cookware](#)

## Ingredients

- 2 teaspoons unsalted butter or olive oil
- 2 10-inch flour tortillas
- ½ cup shredded cheddar cheese
- Guacamole for serving

## Instructions

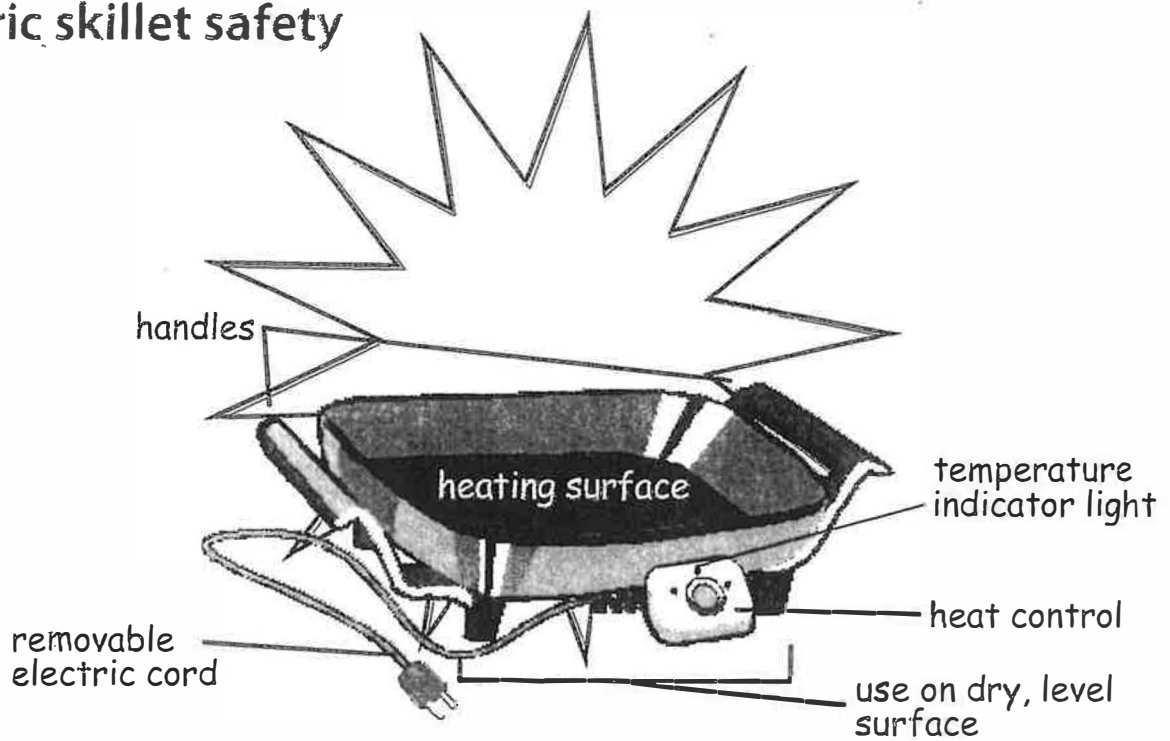
1. Heat the butter or olive oil in a large non-stick skillet over medium-high heat.
2. Add one tortilla to the pan and scatter the cheddar cheese in an even layer all over the tortilla. Place the second tortilla on top of the cheese.
3. Cook for 2-3 minutes or until the bottom of the tortilla starts to become golden brown. Carefully flip the tortilla and cook on the other side for 2-3 minutes or until the bottom of the tortilla becomes golden brown.
4. Remove the quesadilla from the pan and place on a cutting board. Use a knife or pizza cutter to cut the quesadilla into 6 triangles. Serve with guacamole or your favorite dipping sauce.

## Nutrition

Calories: 365kcal | Carbohydrates: 35g | Protein: 12g | Fat: 19g | Saturated Fat: 10g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Trans Fat: 0.2g | Cholesterol: 39mg | Sodium: 701mg | Potassium: 110mg | Fiber: 2g | Sugar: 3g | Vitamin A: 408IU | Calcium: 303mg | Iron: 3mg



## Electric skillet safety



### Safety:

- Always attach heat control to skillet first, then plug cord into wall outlet.
- After cooking, turn heat control to “off” and unplug from wall outlet. Let skillet cool before removing heat control.
- Use skillet on a dry, level surface. Make sure your hands and the floor are dry.
- Don't leave skillet plugged in when not in use.
- Don't let the cord touch hot surfaces or hang over the edge of the counter.

### Preheat and cooking:

- Preheat skillet uncovered for 2 to 4 minutes until desired temperature is reached, unless your recipe says not to preheat.
- When the signal light goes out, the desired temperature has been reached.
- Don't touch skillet or cover when they are in use
  - they get very hot!
- Use the handles and knobs to lift and carry the skillet.

### Cleaning:

- Always unplug skillet before cleaning.
- Let the skillet cool before washing.
- Don't immerse heat control, cord or plug in water.
- Don't pour cold water into a hot skillet – it could cause the metal to warp.

# Fresh Strawberry Muffins

Fresh strawberry muffins.

Submitted by **Jen Pretty**

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Servings:** 12

**Yield:** 12 muffins



## Ingredients

¾ cup white sugar

½ cup butter, softened

1 egg

2 cups all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

½ cup milk

½ teaspoon vanilla extract

1 ½ cups chopped strawberries

3 teaspoons white sugar

½ teaspoon ground cinnamon

## Directions

### Step 1

Preheat the oven to 400 degrees F (200 degrees C). Grease a 12-cup muffin tin or line with paper liners.

### Step 2

Beat ¾ cup sugar and butter together in a mixing bowl using an electric mixer until creamy. Add egg and mix well.

### Step 3

Sift flour, baking powder, and salt together in a small bowl. Add flour mixture and milk alternately to butter mixture until combined. Stir in vanilla extract. Gently stir in strawberries.

### Step 4

Spoon batter into the prepared muffin cups. Combine 3 teaspoons sugar and cinnamon in a small bowl and sprinkle over tops of muffins.

### Step 5

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes.

## Nutrition Facts

Per serving: 214 calories; total fat 9g; saturated fat 5g; cholesterol 37mg; sodium 243mg; total carbohydrate 32g; dietary fiber 1g; total sugars 15g; protein 3g; vitamin c 11mg; calcium 69mg; iron 1mg; potassium 74mg

# Cowboy Cookie Mix in a Jar

Cowboy cookies in a jar — layered for a beautiful mix that is great for gift-giving or bake sales.

Submitted by **Phyllis**

**Prep Time:** 25 mins

**Total Time:** 25 mins

**Servings:** 18

**Yield:** 3 dozen cookies

## Ingredients

- 1 ⅓ cups rolled oats
- ½ cup packed brown sugar
- ½ cup white sugar
- ½ cup chopped ~~pecans~~ *walnuts*
- 1 cup semisweet chocolate chips
- 1 ⅓ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt



## Directions

### Step 1

Layer the ingredients in a 1-quart jar in the order given. Press each layer firmly in place before adding the next layer.

### Step 2

Include a card with the following instructions — Cowboy Cookie Mix in a Jar: 1. Preheat the oven to 350 degrees F (175 degrees C). Grease cookie sheets. 2. In a medium bowl, mix together 1/2 cup melted butter or margarine, 1 egg, and 1 teaspoon of vanilla. Stir in the entire contents of the jar. You may need to use your hands to finish mixing. Shape into walnut-sized balls. Place 2 inches apart on prepared cookie sheets. 3. Bake for 11 to 13 minutes in the preheated oven. Transfer from cookie sheets to cool on wire racks.

## Nutrition Facts

Per serving: 167 calories; total fat 6g; saturated fat 2g; sodium 133mg; total carbohydrate 29g; dietary fiber 2g; total sugars 17g; protein 2g; calcium 30mg; iron 1mg; potassium 86mg

## Healthy Recipes

# Plant Part Salad

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds. This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy and vitamin C, which keeps gums and blood vessels healthy.



Garden Enhanced Nutrition Education

## Ingredients:

- 6 cups **leaves** such as lettuce, spinach, chard
- 1 cup **roots** such as beets, carrots, radishes
- 2 cups **flowers** such as broccoli, cauliflower
- 1 cup **stems** such as celery, broccoli stems, chard stems
- 2 cups **fruit** such as apple, tomato, cucumber
- 1/4 cup **seeds** such as sunflower seeds, peas, beans

## Dressing:

- 2 tablespoons **fruit juice or vinegar** such as lemon, orange or apple cider vinegar
- 2 tablespoons **oil**
- 1 clove **garlic**, minced

## Directions:

1. Wash all fruits and vegetables.
2. Tear leaves into small pieces. Place in large bowl.
3. Cut or grate roots, stems, flowers and fruit into bite-sized pieces. Add to bowl.
4. Add seeds to bowl.
5. Make dressing by combining oil, juice or vinegar, and garlic in a small container with a secure lid. Shake until well mixed.
6. Pour dressing over salad and toss lightly.



**Servings: 12**  
**Serving size: 1 cup**

## Nutrition information (per serving):

Calories: 60  
Total Fat: 4g  
(Saturated Fat: 0.5g)  
Cholesterol: 0mg  
Dietary Fiber: 2g  
Sodium: 20mg



Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at [www.foodhero.org](http://www.foodhero.org)

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. SNAP puts healthy food within reach - call Oregon Safe Net at 1-800-723-3638. The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Centers at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write: USDA, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9610 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-6339 (Local or Federal relay), (866) 377-8642 (Relay voice users). USDA is an equal opportunity provider and employer.

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# Go eat a plant!

**Leaves:** gather energy from the sun, turn nutrients into food for the plant.

- Brussels Sprouts
- Cabbage
- Chard
- Kale
- Lettuce
- Mustard Greens
- Turnip Greens
- Spinach

**Roots:** gather nutrients and water from the soil.

- Potatoes
- Beets
- Carrots
- Onions
- Parsnips
- Radishes
- Sweet Potatoes
- Turnips

**Stems:** transport nutrients and water to different plant parts, allowing the plant to grow and change.

- Celery
- Asparagus
- Mushrooms

**Flowers:** turn into fruits and the seeds they bear.

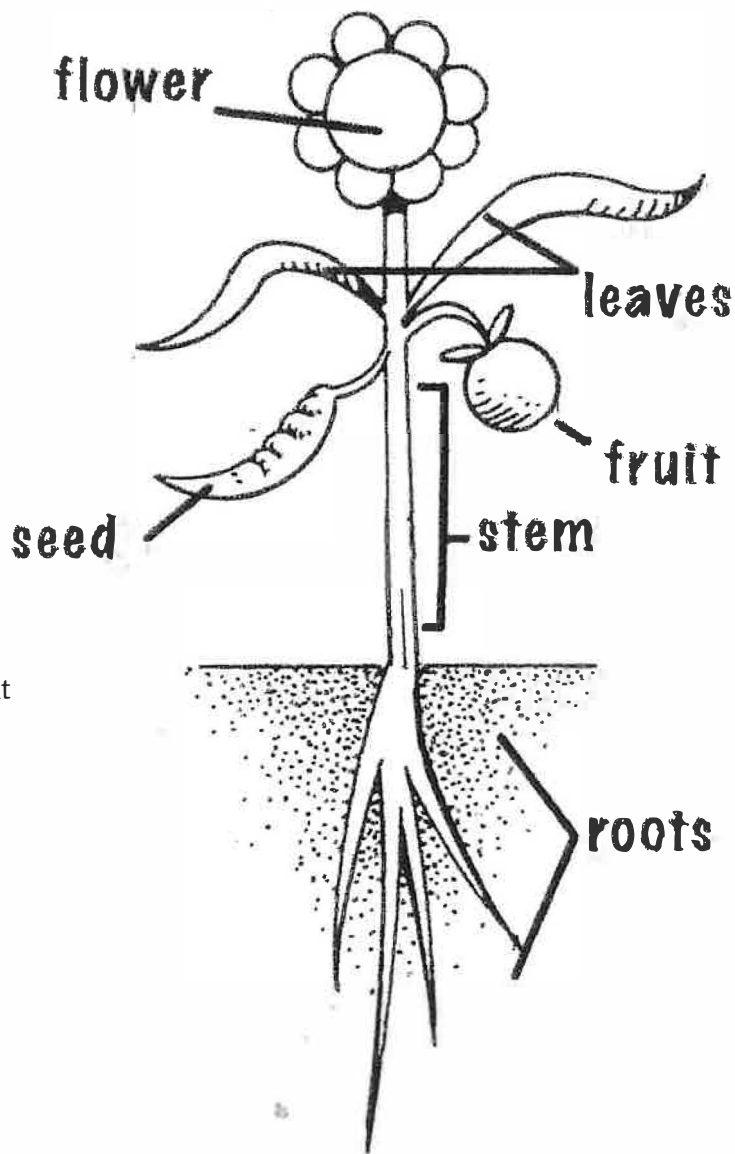
- Broccoli
- Cauliflower
- Artichoke

**Fruits:** protect and nourish the seeds.

- Tomatoes
- Cucumbers
- Peppers
- Eggplant
- Pumpkin
- Squash

**Seeds:** take root and grow into new plants.

- Corn
- Green Beans
- Peas





## Fun with vegetables.....



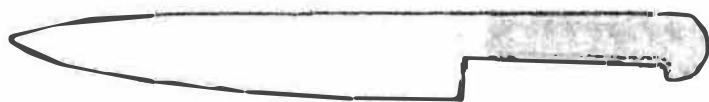
**Let your imagination create awesome edible art!!!**

**Suggested foods:** Celery sticks, cucumber rounds, grape tomatoes, spinach leaves, blue berries, strawberries, edible googly-eyes ,along with peanut butter or softened cream cheese to hold altogether.

# Fun with vegetables.....



## Knives



Chef's knife

8 to 10 inches  
Used for chopping,  
slicing, dicing and  
mincing

---



utility knife

6 to 8 inches  
Used for smaller cutting  
jobs

---



serrated knife

8 to 10 inches  
Great for cutting bread


---



paring knife

2 to 4 inches  
Used for peeling  
fruits and vegetables,  
removing stems from  
strawberries, and making  
vegetable decorations

---

- 
- Store them separately.
  - Cut away from you.
  - Use a cutting board.

Be careful with knives.  
Keep knives on the  
cutting board when not  
in use.

# Farmers' Market Salsa

Think you don't like vegetables? Think again!



Level: Medium

Serves 8

## Kids' Tool Kit

Mixing bowl  
Strainer  
Measuring cups  
Measuring spoons  
Knife  
Cutting board  
Spoon

## Ingredients:

1/2 cup corn, fresh cooked or frozen  
1 can (15 ounce) black beans, drained and rinsed  
1 cup fresh tomatoes, diced  
1/2 cup onion, diced  
1/2 cup green pepper, diced  
2 tablespoons lime juice  
2 cloves garlic, finely chopped  
1/2 cup picante sauce



## Chef's Choice

Farmers' Market  
Salsa  
Baked chips  
Veggie sticks  
Milk



## Directions:

**Remember to wash your hands!**

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low fat baked tortilla chips or fresh vegetables.



**Helpful Hints:** This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.



**Safety Tip:** If cutting the corn off the cob, adult supervision is a good idea.

## Nutrition Facts

Serving Size 1/2 cup (125g)  
Servings Per Container 8

Amount Per Serving  
Calories 70 Calories from Fat 5

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 230mg 7%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 15%

Sugars 2g

Protein 4g

Vitamin A 4% • Vitamin C 30%

Calcium 2% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).