

# PARENT PAGES

## Cooking with Children



### Tips for Safe Cooking with Children

1. Keep your child safe by watching them carefully.
2. Make sure your child washes their hands before helping.
3. Food safety:
  - o Keep raw and cooked foods apart.
  - o Keep cold food cold in the refrigerator.
  - o Cook food until done, and keep hot food hot.
4. Let your child help you clean up.
5. Praise and thank your child for helping.

**Today at child care parents and children did a cooking project together. Cook together.** Make meals and memories together. It's a lesson they'll use for life. Your child will have fun helping you in the kitchen and will want to taste the foods that you cook together! Let your child help you prepare the recipe below.

## Chicken Tenders

Yield: 5 cups

Serves: 8 adults

### Ingredients

- 1/2 medium chopped onion (1/2 cup)
- 1 small chopped red pepper (1/2 cup) (optional)
- 1 1/2 pounds boneless, skinless chicken
- 1/2 cup seasoned bread crumbs
- 2 teaspoons vegetable oil
- 10 3/4-ounce can low-fat cream of chicken soup
- 1 cup low-fat (1% or less) milk
- 1 cup frozen or canned peas.

### Steps

1. Cut ends off onion half. Peel onion and **throw away ends and skin**. Chop onions into small pieces.
2. **Wash red pepper**. Cut pepper open, and remove stem and seeds. **Throw away stem and seeds**. Chop pepper into small pieces.
3. Rinse chicken under running water. Then slice chicken into 1/2-inch strips.
4. **Add bread crumbs to a plastic bag**. Add chicken strips to the bag, and **shake to coat chicken with the crumbs**.
5. Heat oil in a large frying pan on medium heat. Add chopped onion and pepper and cook for 2 minutes.
6. Add chicken to the frying pan. Cook for 3 to 5 minutes to brown chicken.
7. Add cream of chicken soup and low-fat milk to the frying pan, and stir well.
8. Add peas to the frying pan. Cover and cook on low heat for 10 minutes to finish cooking the chicken.
9. Serve over cooked rice or noodles. **Enjoy!**

**Have your child help you do the bold steps.**

# Let's Cook Together!



2 Years	3 Years All that a 2-year-old can do plus:	4-5 Years All that a 3-year-old can do plus:
Rinse and scrub vegetables or fruits	Add ingredients	Crack eggs
Tear lettuce or greens	Name and count foods	Peel hard cooked eggs
Snap green beans	Stir	Peel and mash bananas
Break cauliflower	Spread peanut butter and other soft spreads	Cut soft fruit with a plastic knife (Only adults should use sharp knives)
Make "faces" out of pieces of fruits and vegetables	Pour liquids (not hot)	Measure liquids with help
	Knead and shape dough	Help measure dry ingredients
	Add toppings to a pizza	Set the table

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

**Directions:** Put a check (✓) in the box beside each task that your child already does. And use the additional ideas to encourage your child to try a new task.