

Cooking with Children

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

Cooking with Kids

Food can inspire, excite, and feed the curiosity of children. Cooking with children is a way to bring family and friends together. Cooking classes can be held at schools, in the community, and at homes. Use cooking classes to introduce new vocabulary, cooking techniques, basics of etiquette, nutrition, safety, kitchen math, and new foods!

Safety Tips in the Kitchen

- Wash hands with warm soapy water before anyone handles or eats food. Suggest singing the alphabet song while hand washing (20 seconds) to ensure that hands are clean.
- Clean the counter or table where food will be prepared with warm, soapy water.
- Take special care when handling sharp utensils, such as knives, cheese graters, and can openers.
- Use caution near a stove. Always turn pot handles toward the back of the stove.
- Have a fire extinguisher close by in case of an unexpected fire.
- Clean up spills as soon as they happen.
- Stay in the kitchen while the stove or oven is in use.
- Use dry pot holders or oven mitts to handle hot pots and pans. Heat travels through damp or wet pot holders and oven mitts.

Let's Get Cooking: Here's what every kid should know about getting started in the kitchen.

- Tie back long hair to keep it from getting in your way.
- Roll up your shirt sleeves and wear an apron to keep your clothes clean while you cook.
- Rinse and dry off fruits and vegetables before you use them. Handle delicate-skinned fruits and vegetables, like berries and tomatoes, gently. Give tougher-skinned produce, like potatoes and carrots, a good scrub.
- Clear off and clean a space big enough to work comfortably.
- Clean up work surfaces and equipment as you use them. Being neat while you cook makes for easy cleanup and easy cooking.
- Have fun!

Mise en place - Pronounced *meez ahn plahs*, this phrase is commonly used in professional kitchens. It means “put in place” and refers to having all of your ingredients measured and ready to use as the recipe directs. You might need to peel an apple, chop an onion, or shred cheese. Having your *mise en place*, your ingredients ready, helps to make following a recipe easy and fun.



HOME CONNECTION

Keep in mind:

- Plan activities with the goal of guiding healthy eating behaviors.
- Stimulate all senses with food-based activities.
- Make cooking fun and enjoyable.
- Use cooking to develop many skills, such as math, measuring, timing, and life skills.
- Develop science skills, including chemistry, physics, and predicting outcomes.
- Build on kids’ curiosity and introduce new foods to serve at meals or snacks.
- Develop team building skills.
- Create an awareness of different cultures

How to Follow a Recipe

- Carefully read the recipe from start to finish before you start cooking.
- Make sure you have enough time to complete the recipe without rushing.
- Assemble all the equipment called for in the recipe.
- Gather the ingredients called for in the recipe.
- Prepare your ingredients as they are described in the ingredient list. This may include measuring and chopping and is called *mise en place*.
- Begin cooking.

Resources

U.S. Department of Agriculture, *Inside the Pyramid*, available at mypyramid.gov/pyramid/index.html

U.S. Department of Agriculture, *Dietary Guidelines for Americans*, 2005, available at www.health.gov/dietaryguidelines/default.htm

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Burrito Buddy

Yield: 6 each

| | |
|-------------------|--------------------------|
| 6 each | Flour tortillas, 7 inch |
| 1 can (16 ounces) | Refried beans |
| 8 ounces | Tomato salsa |
| 1 ½ cups | Cheddar cheese, shredded |

Garnish:

| | |
|----------|-------------------|
| 1 ½ cups | Lettuce, shredded |
| ¼ cups | Olives slices |
| 1 rib | Celery slices |
| ½ cups | Sour cream |

1. Preheat oven to 450 °F. Line a baking sheet with parchment paper.
2. Use a spatula to spread the refried beans evenly over the flour tortillas. Top with salsa and shredded cheese. Wrap into a burrito.
3. Place the burrito on parchment paper and bake for 6 to 8 minutes. Garnish with lettuce hair, olive eyes, celery smile, and sour cream.

Source: Buehler's Fresh Food Markets, Adventures in Cooking Classes, Medina, Ohio

Nutrition Facts

Serving Size 1 each
Servings Per Container 6 each

| Amount Per Serving | |
|--|------------------------------|
| Calories 340 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 970mg | 40% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 7g 28% | |
| Sugars 6g | |
| Protein 16g | |
| Vitamin A 15% • Vitamin C 4% | |
| Calcium 35% • Iron 15% | |
| *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 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Savory Succotash

Yield: 8 servings, ½ cup

Lima Beans

| | |
|---------------|------------------------------|
| 1 small bunch | Thyme |
| 1 each | Bay leaf |
| 2 cups | Lima beans, fresh (or dried) |
| 1 each | Onion, halved |
| 1 rib | Celery, rough chopped |
| 1 each | Carrot, peeled, quartered |
| 3 cups | Chicken stock |
| ½ teaspoon | Salt |
| ¼ teaspoon | Black pepper |

1. Tie thyme and bay leaf in a bundle with kitchen twine.
2. Place lima beans, onion, celery, carrots, and herb bundle in a medium sauce pan.
3. Add enough chicken stock to cover beans. Cook over medium-low heat until the beans are tender. Season with salt and pepper. Remove the herb bundle.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8 servings

| Amount Per Serving | |
|--|-----------------------------|
| Calories 90 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 280mg | 12% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 3g 12% | |
| Sugars 3g | |
| Protein 4g | |
| Vitamin A 8% • Vitamin C 30% | |
| Calcium 2% • Iron 6% | |
| *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 |
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| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Succotash:

| | |
|------------|------------------------------|
| 2 strips | Bacon or pancetta, diced |
| ½ cup | Onion, diced |
| 2 cloves | Garlic, minced |
| ½ cup | Red bell pepper, diced |
| 1 small | Zucchini, diced |
| 2 ears | Corn, cut off the cob |
| 1 ½ cups | Limas, cooked |
| ½ cup | Reserved bean cooking liquid |
| ½ teaspoon | Salt |
| ¼ teaspoon | Black pepper |

Method:

1. Render the bacon in a large pot over medium heat.
2. Add onion and garlic to the pan and cook until tender.
3. Add red pepper, squash, zucchini, and corn and cook an additional 5 minutes.
4. Add lima beans and liquid. Cook an additional 5 minutes. Season with salt and pepper.

Source: Chef David Uygur, The Tasting Room at Lola, Dallas, Texas