

## James Monroe's April Activity

# Family Recipe Challenge

## KIDS IN THE KITCHEN

KITCHEN SKILLS BY AGE



### AGES 2-3: LITTLE LEARNERS

- Wash fruits and vegetables
- Tear lettuce
- Mix ingredients
- Taste and smell ingredients
- Practice scooping and pouring



### AGES 4-5: KITCHEN ASSISTANT

- Add ingredients to recipes
- Spread with a spatula or butter knife
- Sprinkle ingredients
- Mash soft fruits and vegetables
- Slice soft fruit with kid's knife
- Peel eggs and bananas
- Set and clear the table
- Help empty the dishwasher



### AGES 6-9: MASTER MIXER

- Measure and pour ingredients
- Slice with a kid's knife
- Make sandwiches
- Stir on the stove with supervision
- Roll out dough
- Grease pans
- Crack and whisk eggs
- Pour and scoop batter into pans
- Flip pancakes
- Make lunch
- Help clean the kitchen
- Read and follow basic recipes (with assistance)
- Pour liquid measurements
- Use the microwave



### AGES 9-12: CHEF IN TRAINING

- Begin to chop soft items with knives
- Begin to use kitchen appliances
- Follow simple recipes independently
- Make quick breads
- Plan menu and make shopping lists
- Stir ingredients on the stove
- Use a box grater
- Peel vegetables

THIS LITTLE NUGGET

## Ingredients

- You and your family
- A recipe special to your culture
- An open-mind
- Fun!

## Preparation

1. Think of a delicious recipe that is special or unique to your culture.
2. Make a video of you and your family creating the dish or talking about why it is special to your culture. Respond to [this](#) Flipgrid by 4/23.
3. Include a written recipe in your description of the Flipgrid or email the recipe to your teacher.

## Tips

Every owl who participates in this activity will receive a James Monroe recipe slideshow!