

Before cooking

- Ask an adult for permission to assist them.
- Learn their kitchen safety rules.
- Wash your hands.



Help During Cooking

- Read the recipe
- Wash fruits and vegetables
- Measure ingredients
- Combine ingredients
- Mix things together

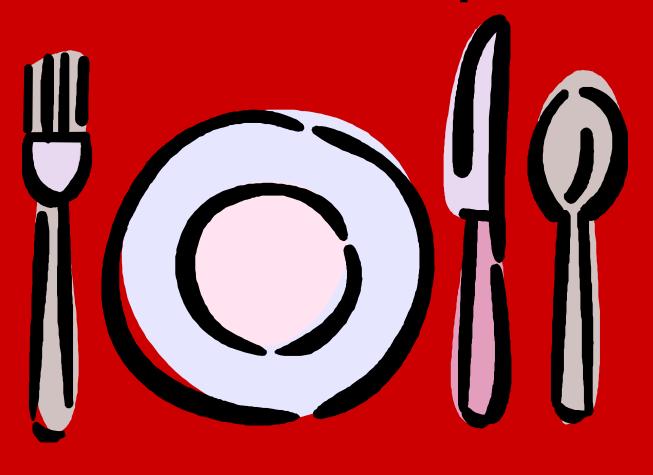
Measurement Test:

 A cookie recipe says: Mix 1/2 cup of white sugar with 1/2 cup of brown sugar.

How much total sugar do you need to mix together in this recipe?

More ways to help

Set the table Make placemats



Help After Cooking

Clean up



Thank the adult you assisted

Taste your creation!

