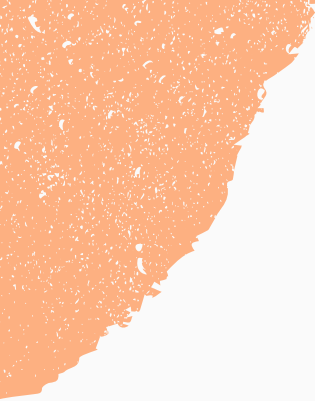
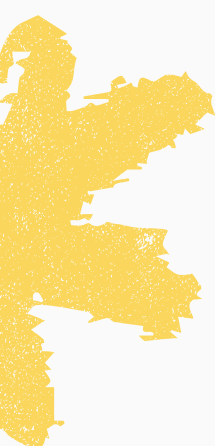
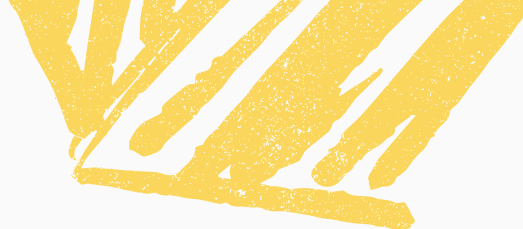
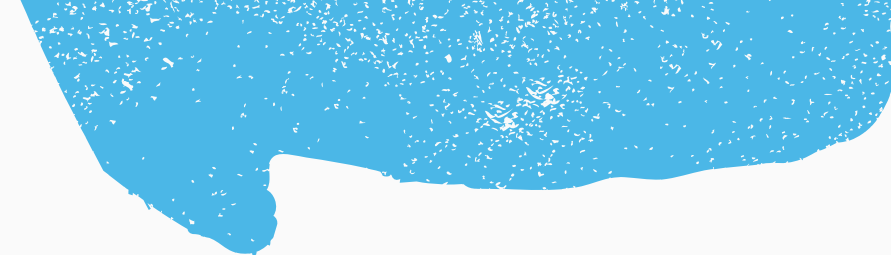
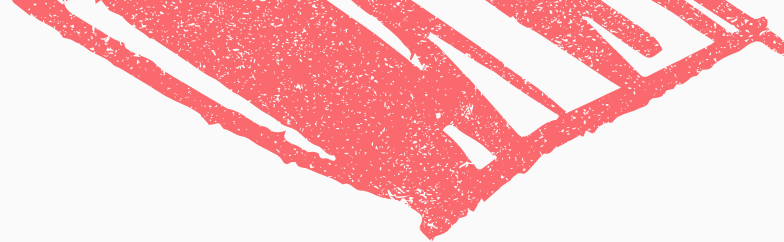
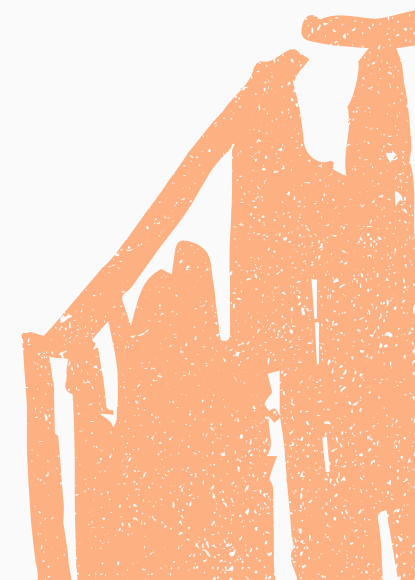
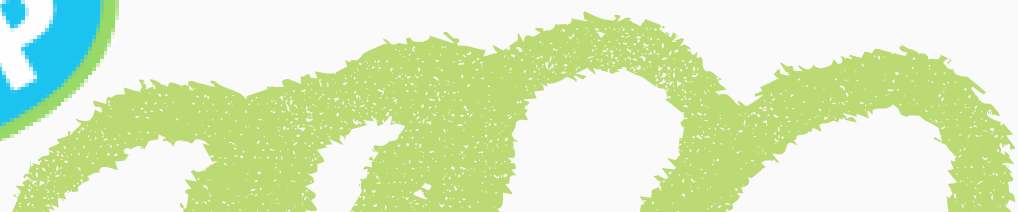




COOKBOOK FOR KIDS



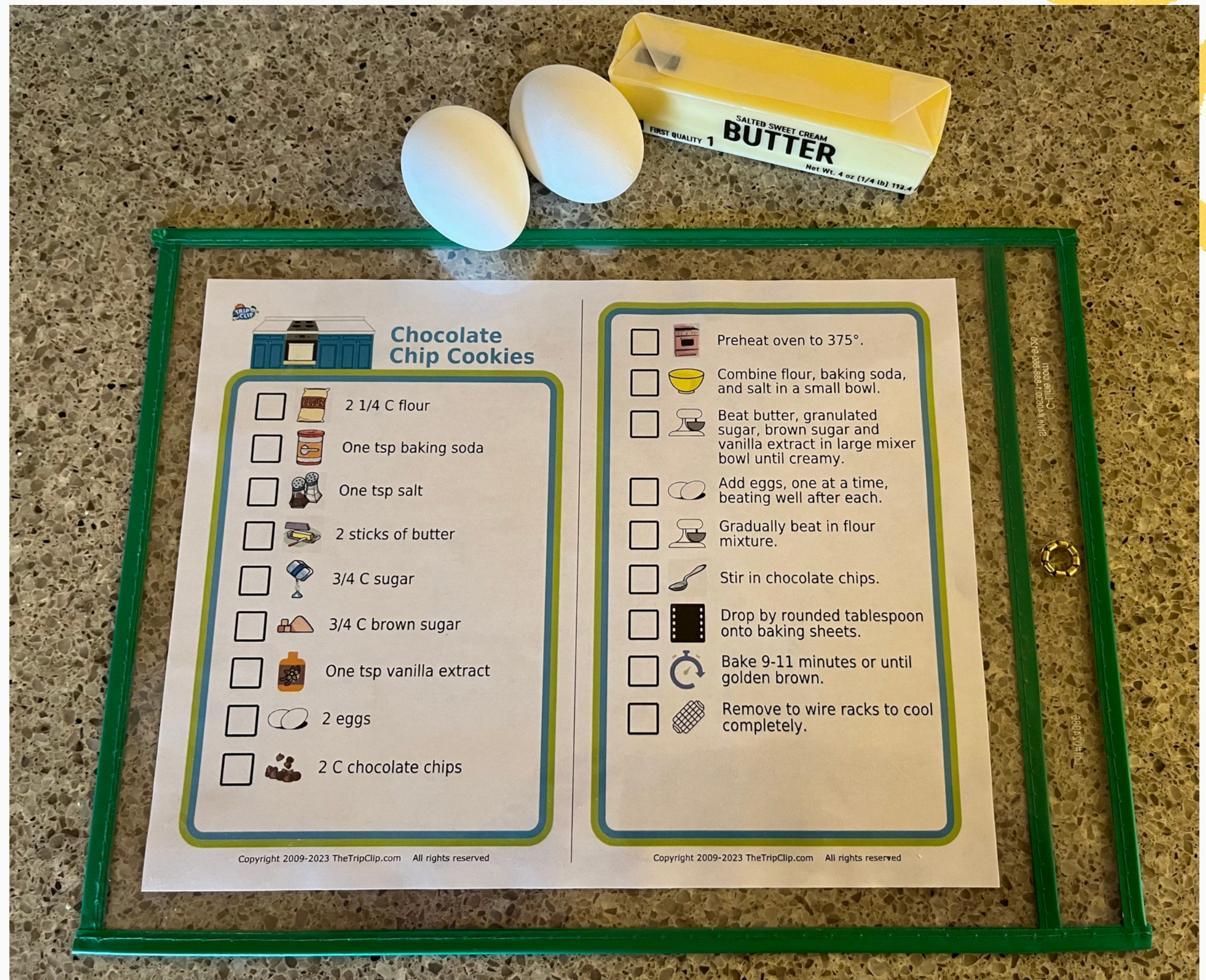
10 KID-FRIENDLY PICTURE RECIPES TO TEACH KIDS TO COOK



PICTURE RECIPES

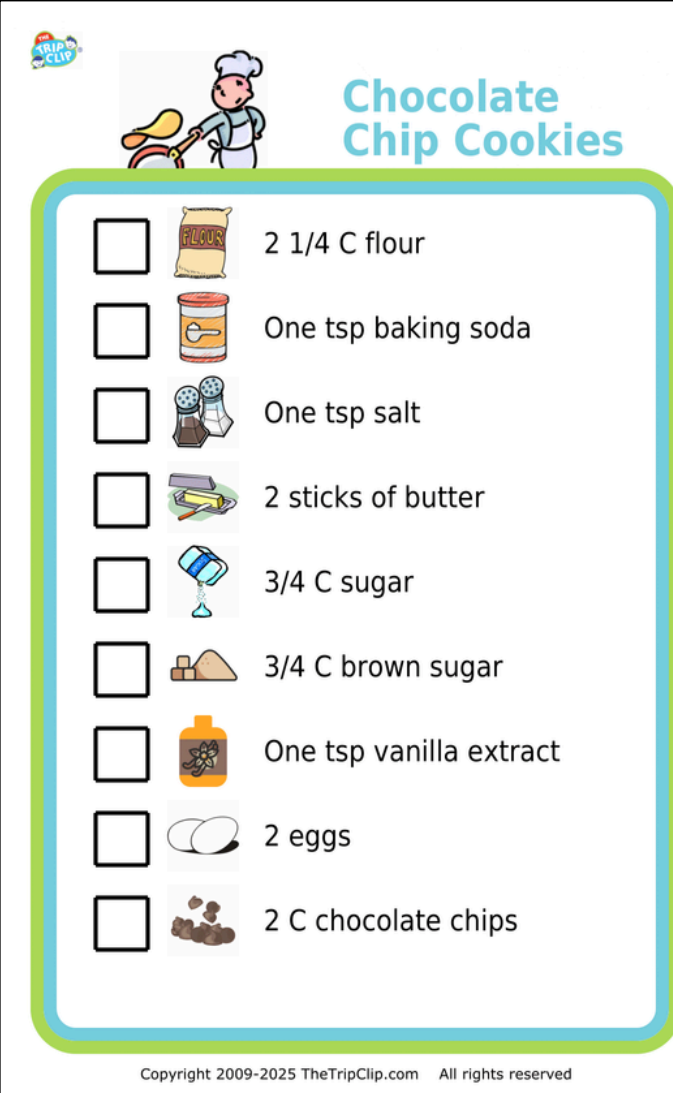
Recipes with pictures can help kids be more independent in the kitchen. This packet contains 10 picture recipes for some common foods kids can learn to cook and that they will like to eat. Use these to cook with your kids or to give older kids independence to cook on their own.

There is no limit to the things kids can learn through cooking. They can practice reading, following directions, math, and science.



WHAT'S INCLUDED

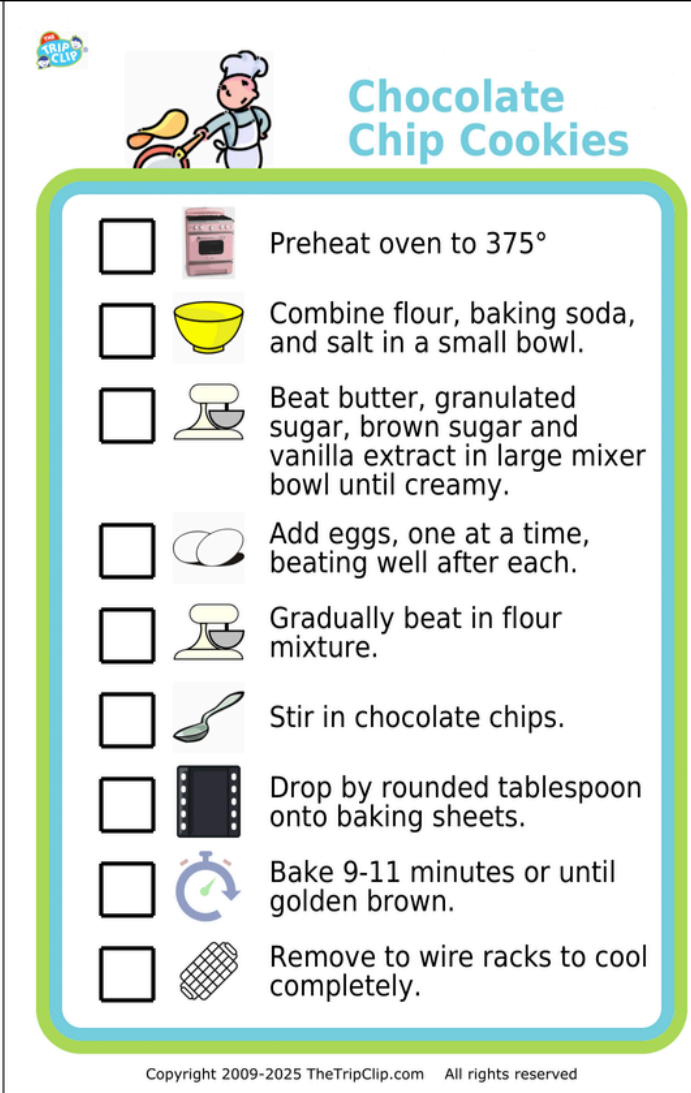
- 10 picture recipes with ingredients on one side and instructions on the other
- Black and white versions of all the recipes
- A4 (international) versions of all the recipes
- Learning Ideas: reading, math, & science, with links to deeper resources
- Cooking skills by age chart
- Recipes:
 - Grilled cheese
 - Omelet
 - Tacos
 - Pizza bagels
 - Kraft macaroni and cheese
 - Pancakes
 - Smoothie
 - Chocolate chip cookies
 - Christmas cookies
 - Pumpkin pie



Chocolate Chip Cookies

- ☐ 2 1/4 C flour
- ☐ One tsp baking soda
- ☐ One tsp salt
- ☐ 2 sticks of butter
- ☐ 3/4 C sugar
- ☐ 3/4 C brown sugar
- ☐ One tsp vanilla extract
- ☐ 2 eggs
- ☐ 2 C chocolate chips

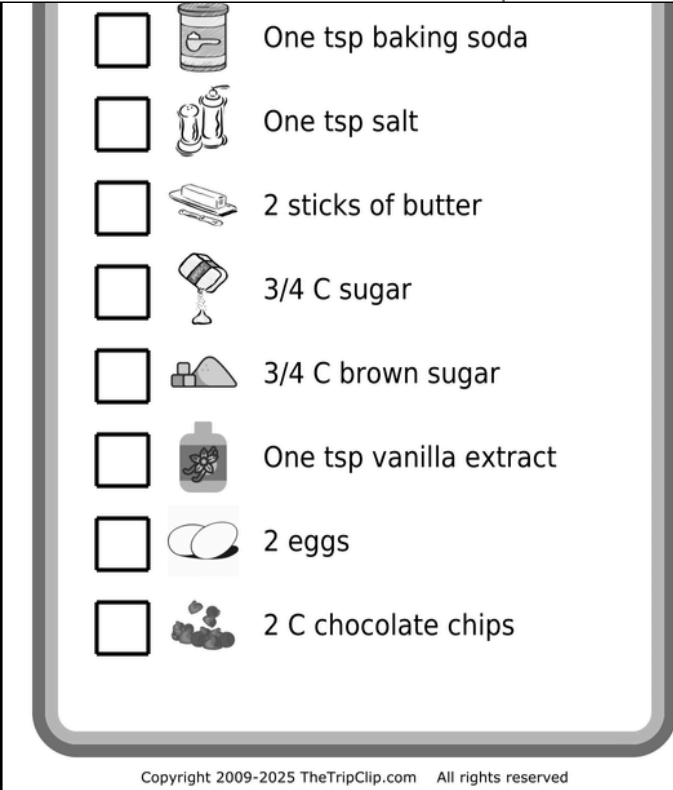
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Chocolate Chip Cookies

- ☐ Preheat oven to 375°
- ☐ Combine flour, baking soda, and salt in a small bowl.
- ☐ Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy.
- ☐ Add eggs, one at a time, beating well after each.
- ☐ Gradually beat in flour mixture.
- ☐ Stir in chocolate chips.
- ☐ Drop by rounded tablespoon onto baking sheets.
- ☐ Bake 9-11 minutes or until golden brown.
- ☐ Remove to wire racks to cool completely.

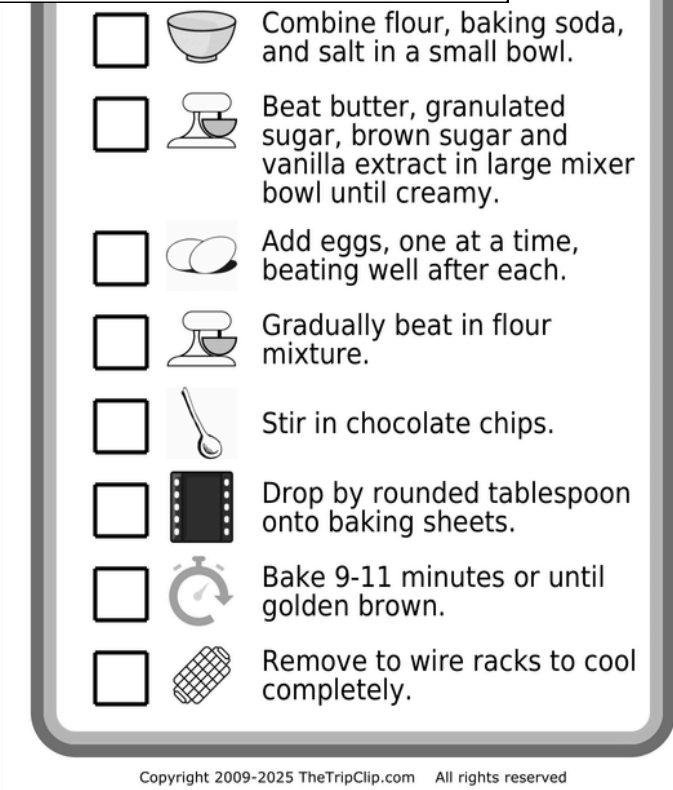
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Chocolate Chip Cookies

- ☐ One tsp baking soda
- ☐ One tsp salt
- ☐ 2 sticks of butter
- ☐ 3/4 C sugar
- ☐ 3/4 C brown sugar
- ☐ One tsp vanilla extract
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- ☐ 2 C chocolate chips

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Chocolate Chip Cookies

- ☐ Combine flour, baking soda, and salt in a small bowl.
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- ☐ Gradually beat in flour mixture.
- ☐ Stir in chocolate chips.
- ☐ Drop by rounded tablespoon onto baking sheets.
- ☐ Bake 9-11 minutes or until golden brown.
- ☐ Remove to wire racks to cool completely.

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REASONS FOR COOKING WITH KIDS

1. You can bond with your kids and create memories that will stick with them
2. They'll be learning a critical life skill
3. There are learning opportunities at every turn: basic coordination skills for little kids, reading practice, simple math skills like counting up through fractions for older kids, nutrition, and tons of science
4. If you have them help you cook dinner, you'll be getting your own chores done
5. It's a great way to fill time

LEARNING OPPORTUNITIES

Reading:

Have your kids read the ingredient list and the directions out loud. If they're not reading yet, show them the picture, talk about the first letter sound and show them the first letter next to the picture.

Math:

Little kids can tell you the numbers they see for quantities and can count out eggs and tablespoons of butter. Show them $\frac{1}{2}$ cup and 1 C measuring cups. With older kids you can talk about how $\frac{1}{4}$ is the same as .25 and why, and learn about conversions (there are 4 Tbsp in a $\frac{1}{4}$ C and 8 liquid oz in a Cup!

Science:

Have kids smell, taste, and touch ingredients. Talk about temperatures, Fahrenheit and Celsius, how to convert them, the freezing and boiling point of water on both scales. Talk about how heat melts chocolate or cheese, or changes the consistency of an egg. Explain why you cream butter and sugar, what baking soda is and how it works, etc.

COOKING SKILLS BY AGE

With good supervision, kids can do many, many things in the kitchen, often much more than parents realize. Take it slow and remember kids will think it is play, not work! There's so much to explore and learn and try and master that will be new and fun for them.

A successful parent is one whose child is able to move out of their parent's home and take care of themselves. This list is a great roadmap for cooking skills!

Cooking Ages 1-3

- ☐  Wash fruits and vegetables
- ☐  Stir
- ☐  Knead dough
- ☐  Sprinkle flour or cake decorations
- ☐  Mash with a fork or potato masher
- ☐  Smash graham crackers for crust
- ☐  Squeeze lemons
- ☐  Put silverware away in correct spot
- ☐  Use salad spinner
- ☐  Pick leaves off of fresh herbs and stems
- ☐  Add items to a recipe (e.g. chopped carrots or tofu)
- ☐  Smell foods, herbs, and spices you're using
- ☐  Help find ingredients in fridge or cabinets
- ☐  Put paper cups in muffin tin

Cooking Ages 6-8

- ☐  Read aloud recipes
- ☐  Use small paring knife
- ☐  Peel potatoes with a peeler
- ☐  Slice and scoop avocados
- ☐  Put away leftovers
- ☐  Grate cheese
- ☐  Drain and rinse canned beans
- ☐  Make sandwiches
- ☐  Make toast
- ☐  Use microwave
- ☐  Use heat on stove top (supervised) - omelets, pancakes, quesadillas, soups, grilled cheese, hamburgers
- ☐  Boil pasta or eggs

Cooking By Age



Cooking Ages 8-11

- ☐  Make school lunch
- ☐  Open cans
- ☐  Scoop batter into muffin cups
- ☐  Use stand mixer
- ☐  Use blender
- ☐  Rinse dishes and load dishwasher
- ☐  Pound chicken
- ☐  Skewer food
- ☐  Use food processor
- ☐  Plan a family meal
- ☐  Use oven
- ☐  Use microwave
- ☐  Make a fresh fruit platter
- ☐  Decide what is needed to balance out a meal so it has food from each food group

Cooking Ages 3-5

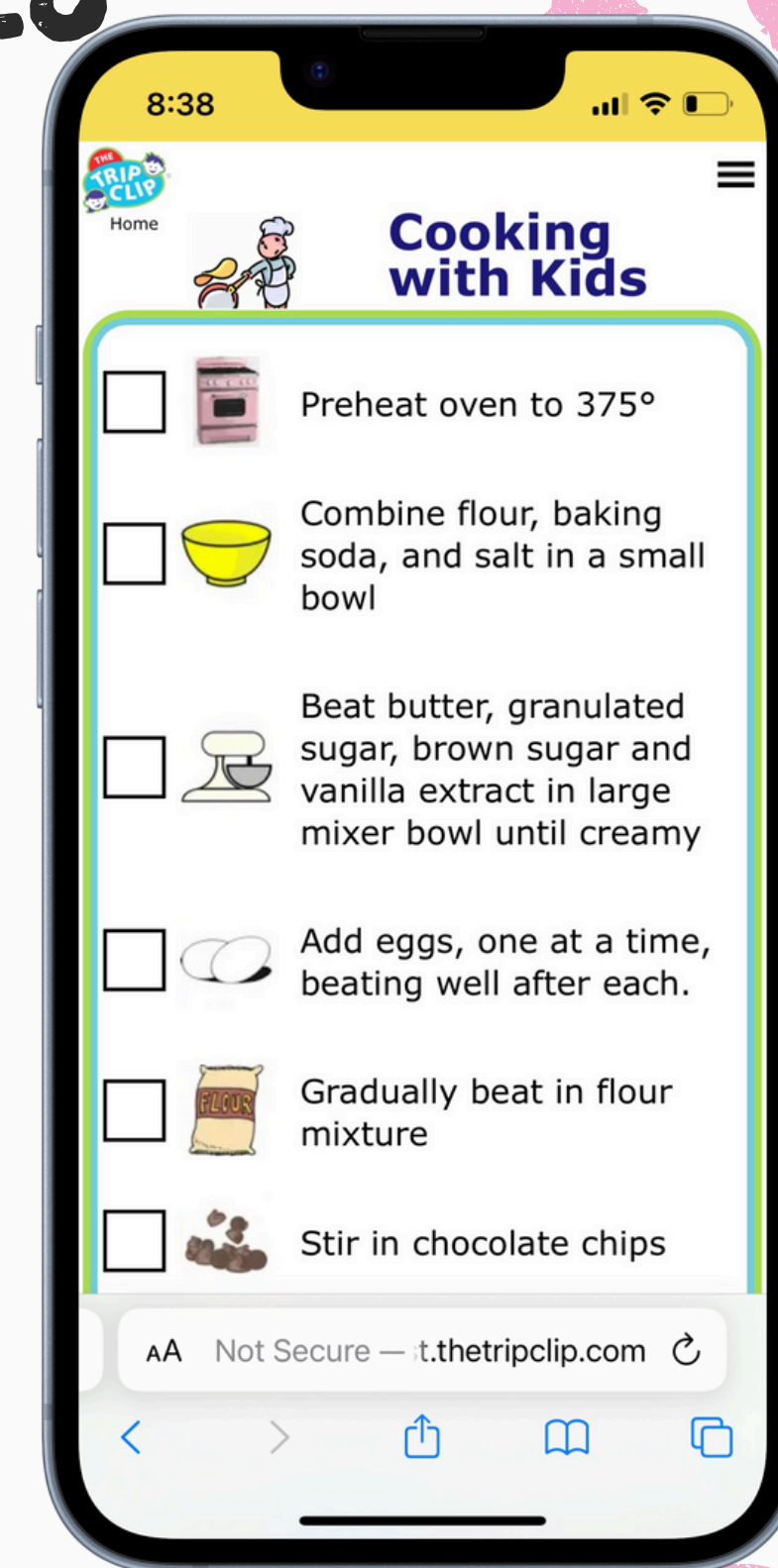
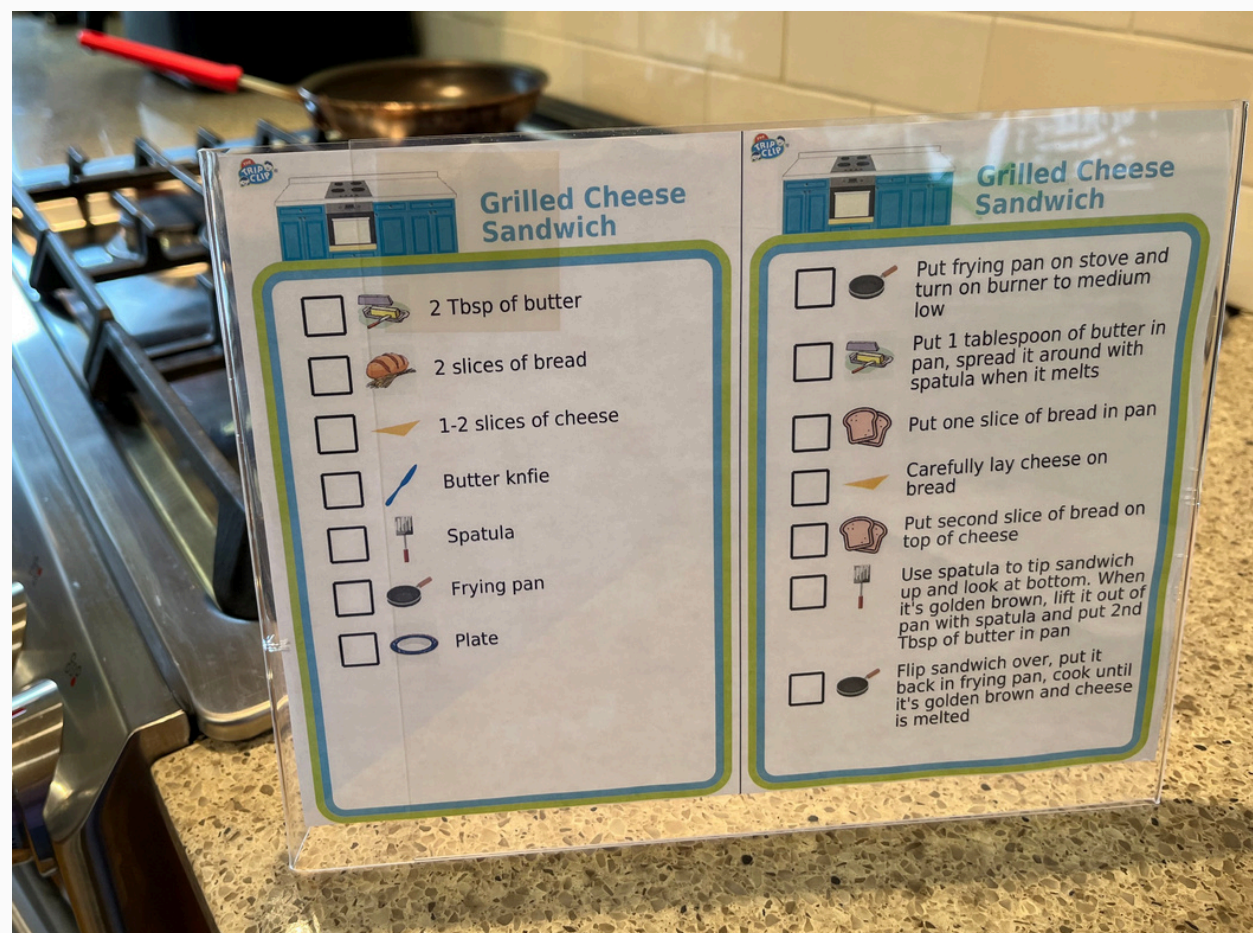
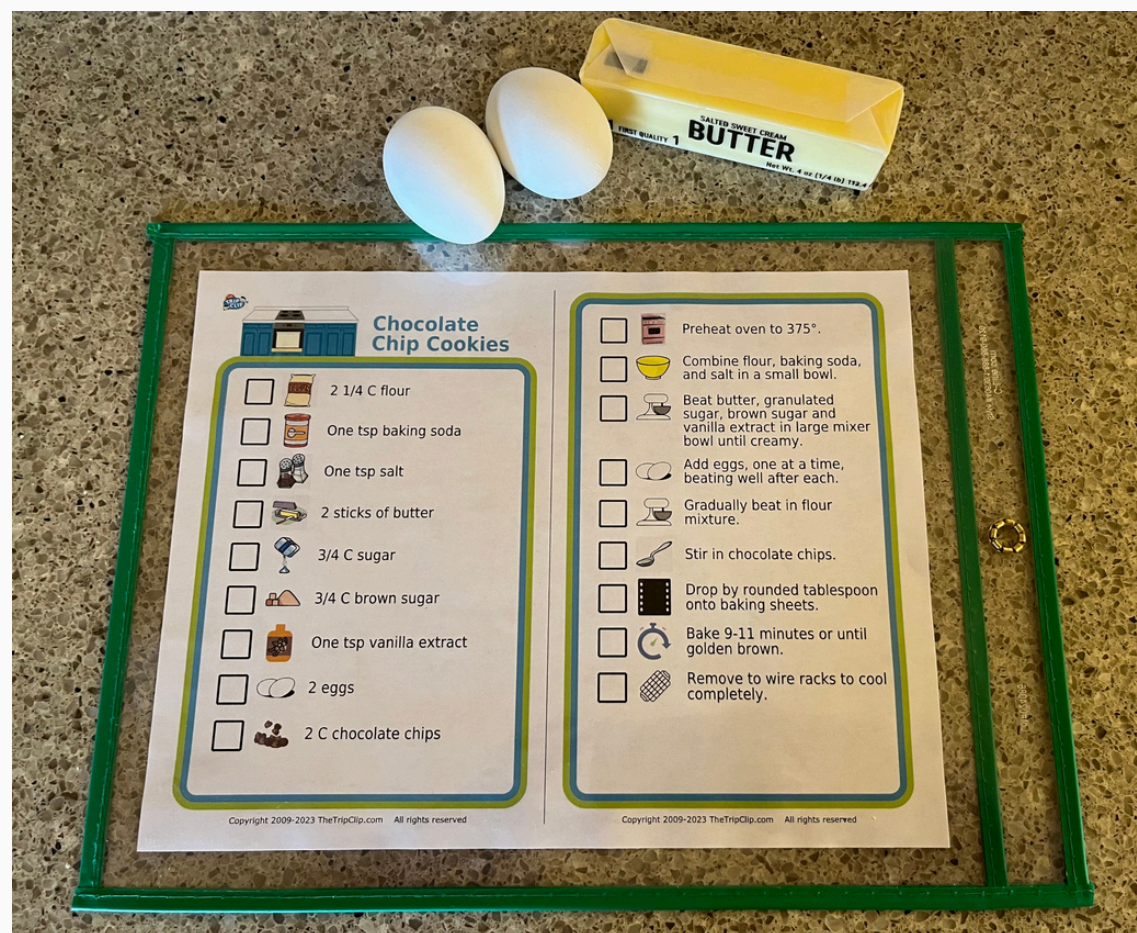
- ☐  Weigh and measure ingredients
- ☐  Count ingredients
- ☐  Tear herbs or lettuce for a salad
- ☐  Cut soft ingredients, eg. butter, mushrooms, strawberries using a strong plastic knife
- ☐  Set the table
- ☐  Crack eggs
- ☐  Peel hard boiled eggs
- ☐  Peel oranges
- ☐  Grease pan
- ☐  Pour from small pitcher or measuring cup
- ☐  Assemble food with prepared ingredients: pizza, sandwich, yogurt with toppings
- ☐  Bread and flour: set up 3 stations with flour, egg, and bread crumbs for dipping
- ☐  Roll cookie balls or meatballs
- ☐  Roll and cut out cookie dough
- ☐  Spread butter or icing

Cooking Ages 12+

- ☐  Cooking a meal for the family
- ☐  Grocery shopping
- ☐  Using a sharp knife
- ☐  Bake alone
- ☐  Food hygiene - washing hands at the beginning and in between touching raw and ready-to-eat ingredients
- ☐  Math - counting, dividing portions, doubling recipes, adding and subtracting
- ☐  Use outdoor grill

HOW TO USE PICTURE RECIPES

- Print the recipe on regular paper
- Use a plastic sleeve and a dry erase marker
- Put it in a plastic picture frame to stand it up and use it with dry erase marker
- Use the recipe from a mobile phone



You can use [TheTripClip.com](https://www.thetripclip.com) to make your own picture recipes that are just right for your kids.