













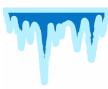




Cooking Ages 3-5

-  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