
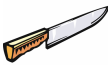


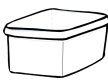








Cooking Ages 6-8

-  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