



Kids in the Kitchen



Working with kids in the kitchen fosters the growth of skills that will help them throughout their lifetime.

Cooking, crafts, and other projects can promote muscle growth and refine kids' coordination. Extra activities like grocery shopping can teach children about food, nutrition, and health while it engages them directly with their meals. It's also a perfect opportunity to learn math skills as prices are recognized, compared, and evaluated... to learn label reading...and to start discussions about marketing techniques and food choices. Expanding kitchen activities to the making of crafts and spa products introduces basic science while providing entertainment and pride in what can be accomplished.

Age Range: 2-3 Years

Skills to be Developed: Coordination in arm and leg muscles

Suggested Recipe: Veggies and Dip for snapping, measuring and dipping

Suggested Activity: Weather in the Kitchen - see www.canolalearningcentre.com

Veggies and Dip

Equipment:

1. Paring knife
2. Large plate or tray
3. Small bowl for dip
4. Measuring cup and spoons
5. Blender

Ingredients Veggies:

1 cup	edible pea pods	250 mL
3	sticks of celery	3
1	cauliflower flowerette	1
½	head of broccoli	½
2	carrots	2

1. Wash pea pods and remove ends & side strings if they exist. Set aside.
2. Wash celery sticks and cut or snap into pieces about 2" (5 cm) long. Set aside.
3. Wash broccoli and cauliflower and tear the 'flowers' from the main stalk. Set aside
4. Wash & scrape outside of carrot. Cut into sticks about 2" (5 cm) long. Set aside.
5. Place the bowl of dip made previously into the centre of a large plate.
6. Arrange each vegetable in interesting pattern around the bowl for dip.

Yield: 8-10 servings

Ingredients Dip:

1	peeled garlic clove*	
¼ cup	fresh basil, dill or other herb of choice	50 mL
¼ tsp	salt	1 mL
2 Tbsp	balsamic vinegar	30 mL
½ cup	canola oil	75 mL

1. Peel garlic clove. Note: *one clove of garlic is one section of a garlic bulb. Some of the skin of the bulb will need to be peeled away to find the clove.
2. Measure and add garlic, herbs, and vinegar into blender or mini food processor.
3. Puree together until a thick paste forms.
4. Add canola oil and puree until well blended.
5. Place in a small bowl with vegetables.



Age Range: 3-4 Years

Skills to be Developed: Hand muscle strength and coordination

Suggested Recipe: Nuts and Bolts for mixing and pouring

Suggested Activity: Fruit-Scented Play Dough

Nuts and Bolts

Ingredients:

1 cup	peanuts	250 mL
2 cups	toasted oats cereal	500 mL
2 cups	square corn or whole wheat cereal	500 mL
1 cup	pretzels	250 mL

Savoury coating:

½ cup	canola oil or melted margarine	125 mL
2 Tbsp	Worcestershire sauce	30 mL
2 tsp	garlic powder	10 mL
1 Tbsp	seasoning salt	15 mL

Equipment:

1. Oven
2. Roasting pan
3. Measuring cups and spoons
4. Small bowl
5. Fork
6. Spatula
7. Oven mitts

Directions:

1. Preheat the oven to 300°F (150°C)
2. In a roasting pan or large oven-safe container, mix the peanuts, oat cereal, corn or wheat cereal, and pretzels together.
3. In a small bowl, measure all the ingredients for the savoury coating. Mix well using the fork.
4. Pour coating over the dry mixture and stir until all the ingredients are covered evenly.
5. Bake in the oven, stirring with the spatula several times, for 1 hour or until crunchy.

Yield: 12 - ½ cup (125 mL) servings

Crafts in the Kitchen: Fruit-Scented Play Dough

Ingredients:

½ cup		
+1 Tbsp	all-purpose flour	140 mL
¼ cup	salt	50 mL
½ 6-g pkg.	fruit-flavoured drink mix	½ pkg
1 Tbsp	canola oil	15 mL
¼ cup	water	50 mL

Equipment:

1. Re-sealable plastic bag
2. Measuring cup and spoons
3. Cloth for cleaning up

Directions:

1. In large re-sealable bag, place flour, salt and flavoured drink powder. Seal. Mix well.
2. Open bag and add the canola oil and the water.
3. Reseal bag, making sure that all the air is taken out of the bag.
4. Start mixing the ingredients until a dough is formed and the colour is evenly distributed throughout. You may need to add a bit more water or flour to ensure that the clay is smooth – not too crumbly which means more water is needed or too wet, when more flour would be needed.
5. Use as any commercial play clay.
6. When finished, return the dough to the bag, and store in refrigerator until next time.

Note:

While all ingredients in this play dough are edible, it is not recommended that it be eaten as the dough can pick up bits and pieces of debris and germs while being 'sculpted'.

Age Range: 4-5 Years

Skills to be Developed: Small muscles in the fingers

Suggested Recipe: Muffins for cracking eggs and mashing fruits

Suggested Activity: Homemade Bath Bombs for rolling

Create Your Own Muffins

Ingredients:

1 Tbsp	canola oil	15 mL
2 cups	all-purpose flour	500 mL
½ cup	granulated sugar	125 mL
1 Tbsp	baking powder	15 mL
¼ tsp	salt	1 mL
1	egg	1
¼ cup	canola oil	50 mL
1 cup	low-fat milk	250 mL
	flavourings of choice*	

*Berry:

½ cup (125 mL) Saskatoons, blueberries, cherries, strawberries or raspberries.

*Fruit:

½ cup (125 mL) raisins, cranberries, cranraisins, chopped dry apples, apricots

*Nut:

½ cup (125 mL) chopped walnuts, almonds, pecans

*Chocolate:

½ cup (125 mL) mini-chocolate chips

*Cinnamon:

1 Tbsp (15 mL) cinnamon, and sprinkle top of muffins with a mixture of 1 part cinnamon to 2 parts brown sugar

Equipment:

1. Oven
2. Pastry brush
3. Small bowls
4. Measuring cups & spoons
5. Potato masher
6. Fork for stirring and spoon for mixing
7. Muffin tins

Directions:

1. Preheat the oven to 400°F (200°C).
2. Place 1 Tbsp (15 mL) canola oil in a small bowl. Using a small pastry brush, dip it into the canola oil and brush the bottom and sides of each muffin space in the muffin tin. Place tin to the side for later.
3. Decide on the type of flavouring to be made – mash berries with potato masher; measure dry fruits, nuts or chocolate chips; OR mix cinnamon and brown sugar.
4. In a large bowl, measure flour, sugar, baking powder, and salt. Mix well.
5. Crack the egg into a separate bowl and put the shell into a compost container.
6. Add canola oil and milk to the egg and stir with a fork.
7. Add the egg mixture to the flour mixture and mix only until well-moistened.
8. Add flavouring of your choice and mix lightly.
9. Spoon batter into oiled muffin tins.
10. Bake in the oven for 18-20 minutes until lightly browned, or ask an adult to help test the muffins by placing a toothpick in the centre of each muffin and ensuring that it comes out without any muffin dough. If the toothpick comes out dry, the muffins are done.

Yield: 12 muffins



Spa in the Kitchen: Homemade Bath Bombs

Ingredients:

50 mL	baking soda	¼ cup
25 mL	cornstarch	2 Tbsp.
20 mL	canola oil	1½ Tbsp.
1 mL	scented essential oil	¼ tsp.
2 drops	food coloring	2 drops
light mist of water		
25 mL	citric acid	2 Tbsp.

Equipment:

1. Large bowl and mixing spoon
2. Spray bottle with mist setting
3. 2 medium sized molds
4. Baking rack

Directions:

1. In the large bowl, mix baking soda and cornstarch together.
2. Add the canola oil, food coloring and essential oil. Using the water mister, mist the mixture lightly one time.
3. Mix well until there are no lumps and the color is well blended.
4. Add the citric acid and blend.
5. Heap as much of the mixture as possible into a mold (egg carton shapes work well), and press down very firmly. The mixture should be packed well. Repeat with the remaining mixture in the other mold.
6. Let the bath bomb air dry for 1-2 days on a baking rack.

Yield: 2-3 bath bombs depending on size of mold.

To use:

Add to a bathtub full of water for a fizzy surprise! After the action is done, the canola oil will leave the water soft and moisturizing for the skin.

Tip:

A. Use rose essential oil as well as 2 mL (¼ tsp.) of dried wild rose petals. Add the rose petals when mixing the baking soda and cornstarch together.

B. Use lavender essential oil as well as 2 mL (¼ tsp.) of dried lavender blossoms. Add the lavender blossoms when mixing the baking soda and cornstarch together.



Age Range: 5 years or older

Skills to be Developed: Resistance, sharpness, and fine coordination

Suggested Recipe: Fruit Smoothies

Suggested Activity: Science in the kitchen: Experiment with Popcorn



Fruit Smoothies

Ingredients:

1	medium banana, peeled	1
½ cup	blueberries	125 mL
½ cup	strawberries	125 mL
½ cup	green tea, cooled	125 mL
½ cup	cranberry juice	125 mL
4	ice cubes	4
2 tsp	canola oil	10 mL

Equipment:

1. Knife
2. Cutting board
3. Measuring cup
4. Measuring spoons
5. Blender

Directions:

1. Peel banana and place in blender.
2. Measure frozen blueberries and add to blender.
3. Wash strawberries and remove the green stem. Add to blender
4. Measure and add green tea, cranberry juice, ice cubes and canola oil to the blender.
5. Blend until combined. Serve immediately.

Yield: 2 cups (500 mL) for 4 servings of
½ cup (125 mL) each.

Tip:

Use fresh or frozen fruit. Your favourite cold tea may be substituted for green tea.



Science in the Kitchen:

Measure 3-½ cup (125 mL) popcorn kernels portions. Place the first portion in the freezer for 24 hours; the second ½ cup (125 mL) portion of popcorn kernels should be heated in a 300°F oven for 1 hour, then cooled at room temperature; and the third portion, covered so that it will not be exposed to dust, but left at room temperature.

On another day, pop all three half cups, making sure to note which popcorn is which. Compare each batch and decide which of the kernels provided the best popcorn – the largest kernel, the fewest un-popped kernels, and the best flavour.

The Science: because popcorn kernels need moisture to pop or explode, freezing the kernels in an airtight container can preserve moisture, allowing the popcorn kernels to be stored indefinitely. Heating the kernels, would have similar results to not placing the kernels in an airtight container and leaving them exposed to high room temperatures - the kernels will dry out, leaving more kernels un-popped, and the popcorn kernels that do pop should be smaller in size. Is that what you discovered?

Use all the popped kernels for family movie night, by mixing up one of these flavoured recipes.

Parmesan Popcorn

Ingredients:

3 Tbsp	canola oil	45 mL
½ cup	popcorn kernels	125 mL
3 Tbsp	canola oil	45 mL
⅓ cup	very finely grated Parmesan cheese	85 mL
½ tsp	salt or to taste	2 mL
1 tsp	freshly grated white pepper	5 mL

Equipment:

1. Stove-top popcorn popper
2. Measuring cup
3. Large bowl
4. Small saucepan that can be used on stovetop
5. Measuring spoons

Directions:

Pour canola oil into 4 qt. pot. Add popcorn, cover with lid left slightly ajar to allow steam to escape. Place pot over high heat. Cook popcorn until popping sounds slow. Remove from heat. Pour into large bowl.

Heat canola oil in small pot till small 'waves' can be seen on surface of the oil (just prior to oil reaching smoke point). Pour over popped corn. Quickly stir in Parmesan cheese, salt and pepper.

Toss popcorn to mix ingredients. Serve immediately.

Store in a cool dry place for up to 1 week.

Do not freeze.

Tip:

Add Hispanic 'twist' to this by adding 1 Tbsp. (15 mL) taco seasoning, ⅓ cup (85 mL) well-drained chili bits, and increase ground pepper to 1 Tbsp. (15 mL).



The recipes provided are intended to engage children at four levels of development. The age ranges are suggestions, and older children with little or no experience in the kitchen should begin at Level I. Adult supervision is required at all times, and the adult should, depending on the age of the child, perform those tasks which involve hot liquids and dishes, sharp knives, or breakable objects.

Bibliography

Hertzler, Ann A. "Preschoolers' Food Handling Motor Skills Development." Virginia Tech. 348-011, 1996.
<http://www.ext.vt.edu/pubs/preschoolnutr/348-011/348-011.html>. Accessed April 28, 2009.

Ward, Elizabeth M. "Grocery Shopping with Young Kids: Tips for Taking Tots and Preschoolers Grocery Shopping." <http://children.webmd.com/child-nutrition-8/grocery-shopping-kids>. Accessed May 4, 2009.

More Kid-Friendly Recipes:

Call 1-800-551-6652 for any of these free brochures:

"Spa"

"Recipes for Kids with Little Ovens that Bake"

"Treats for Pets"

"Popcorn Art"

This brochure compliments of:



www.canola.ab.ca
www.canolalearningcentre.com
www.canolainfo.org

FSC LOGO