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Introduction

Dear Parents,

Which would a child enjoy more: eating a prepared snack, or rolling dough and making shapes with biscuit cutters to create his or her own snack?

Kids in the Kitchen is a cookbook written exclusively for the child. You, the adult, need to provide the food, utensils, organisation and reading assistance. The child

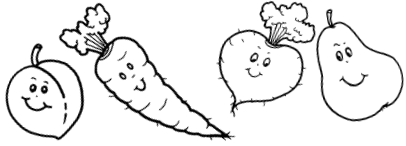
can do most of the work. What an exciting opportunity! The recipes contain a list of various utensils that are safe for children to use and that make cooking fun.

Learning to cook can be an integral part of a child's development through reading recipes and measuring ingredients. Children also learn to follow instructions while experimenting with food.

Easy Clean-up

Many parents confess that they don't cook with children because it is so messy. There are ways to avoid the mess! Cover tables and benches with newspaper for easy clean-up. Coffee filters are inexpensive and disposable plates and serviettes mean less dishes.

Cover dough with cling wrap to keep hands clean. Use disposable items such as paper plates and icy pole sticks. Snap-and-seal bags are great for mixing – no bowl or spoon!



The Great Aussie Hamburger

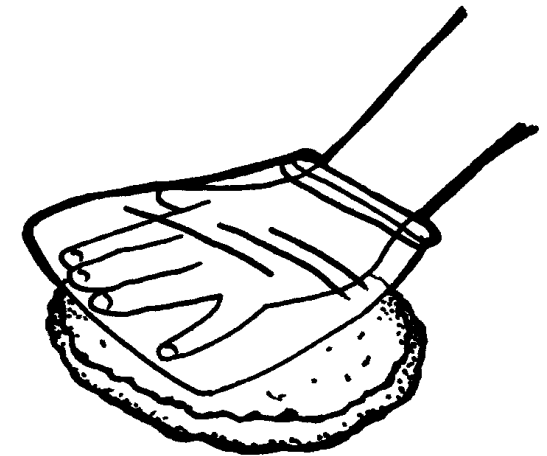
Supplies (for 2 servings)

Food

200 g minced beef
2 slices tasty cheese
20 g beetroot
2 lettuce leaves
2 tablespoons mayonnaise
2 hamburger rolls
1 tomato
1 teaspoon oil

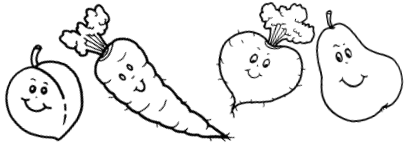
Utensils

grater
electric skillet
spatula
knife

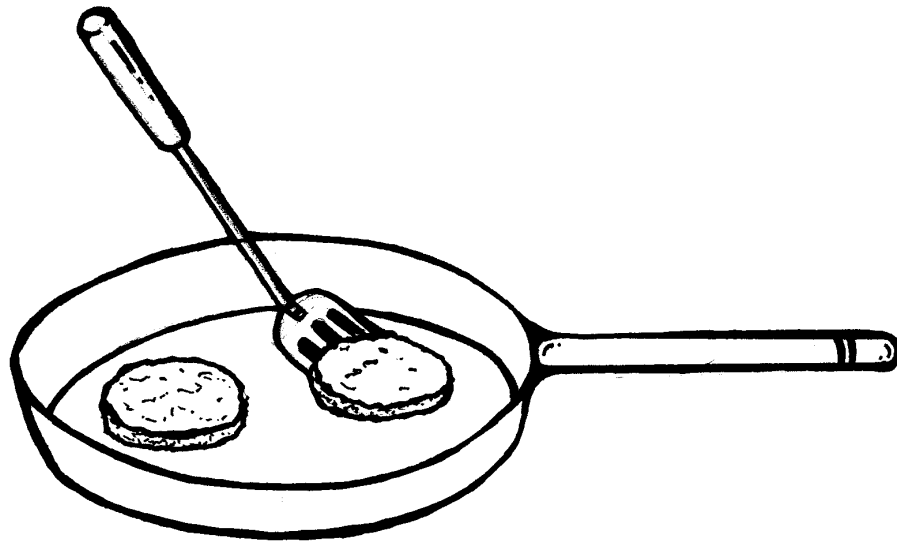


Take 200 g minced beef and divide it in half.
Make it into two balls, then flatten them out
with your hand.

1

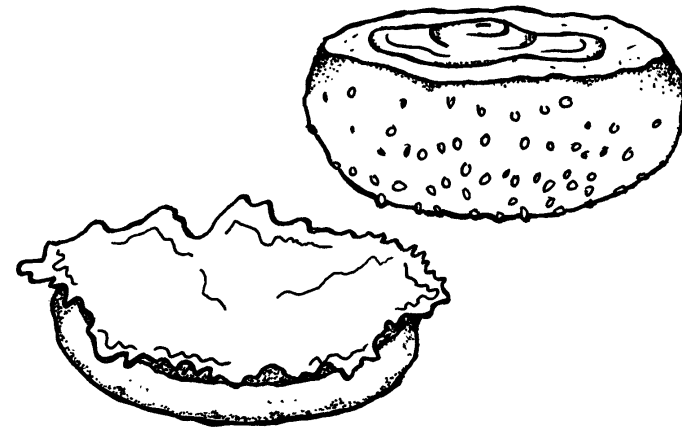
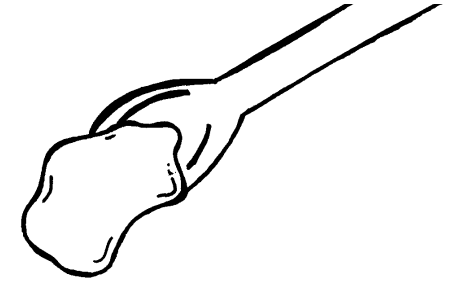


The Great Aussie Hamburger *(cont.)*



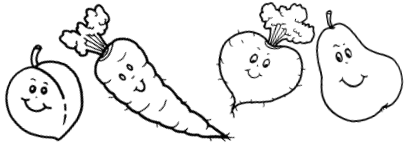
Pour 1 teaspoon oil into the frying pan. Ask an adult to cook the hamburgers until they are cooked through and crisp on the outside.

2



Place the hamburger rolls on the table, inside facing up. Spread 2 tablespoons mayonnaise on the top side of each roll with an icy pole stick. Place a lettuce leaf on the bottom side.

3

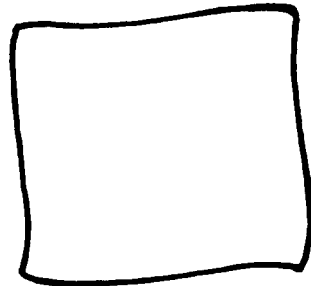
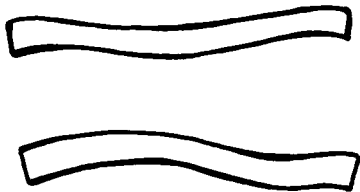


Children's Apron

This apron is easy to make. All you need is a tea towel and washable ribbon.

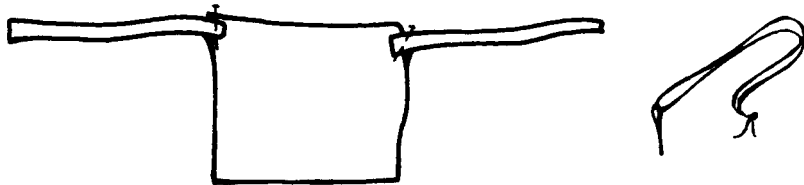
Supplies for one apron

- 1 tea towel
- 2 pins
- needle and cotton
- scissors
- 1 metre ribbon

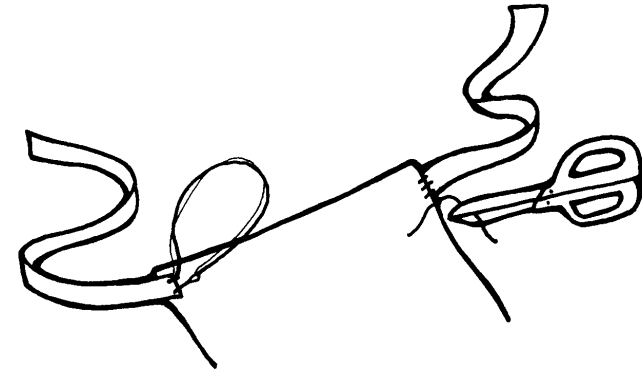


1. Cut the ribbon into two equal pieces.

2. Place the towel face down.



3. Pin the ribbons to the towel. Tie a knot at the end of a threaded needle.



4. Stitch the ribbon to the towel by going back and forth through the material with the needle.



5. Tie a knot and trim with a pair of scissors.

6. Wear as shown. Happy cooking!