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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 their 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

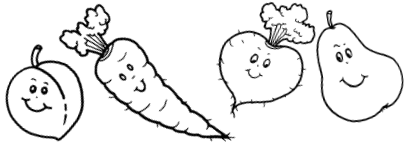
can do most of the work. What an exciting opportunity! The recipes contain a list of various utensils that are safe for children to use and that make cooking fun.

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!



Snap-and-Seal Bag Ice-Cream

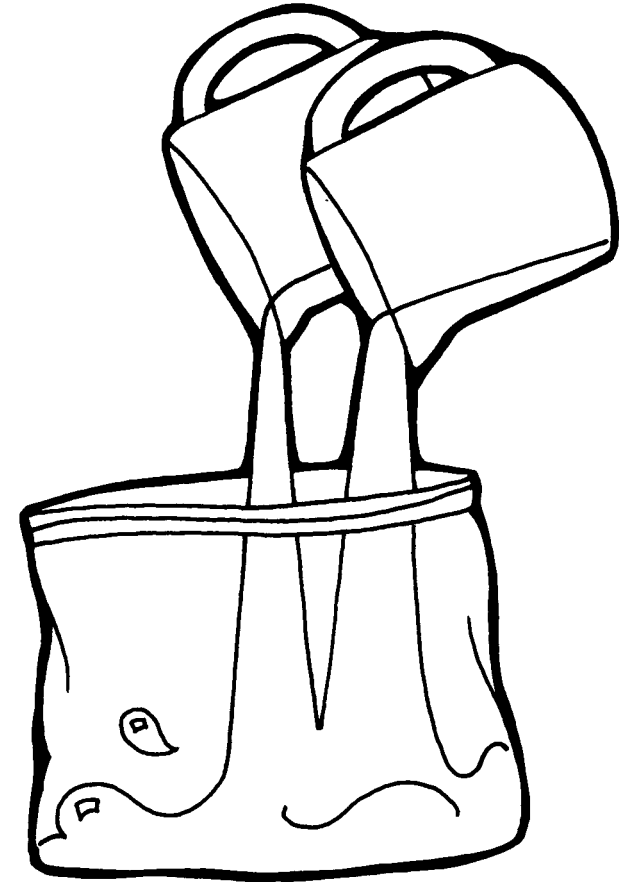
Supplies (for 1 serving)

Food

- ¼ cup milk
- ¼ cup thickened cream
- 1 tablespoon sugar
- ¼ teaspoon vanilla essence
- 12 ice cubes
- 6 tablespoons salt
- 2 tablespoons water
- dash of cinnamon to taste

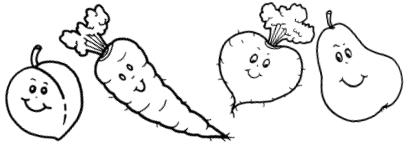
Utensils

- 1 snap-and-seal bag (large)
- 1 snap-and-seal bag (small)
- spoon for stirring
- liquid measuring cup
- measuring spoons



Measure ¼ cup milk and ¼ cup thickened cream and pour into the small bag.

1

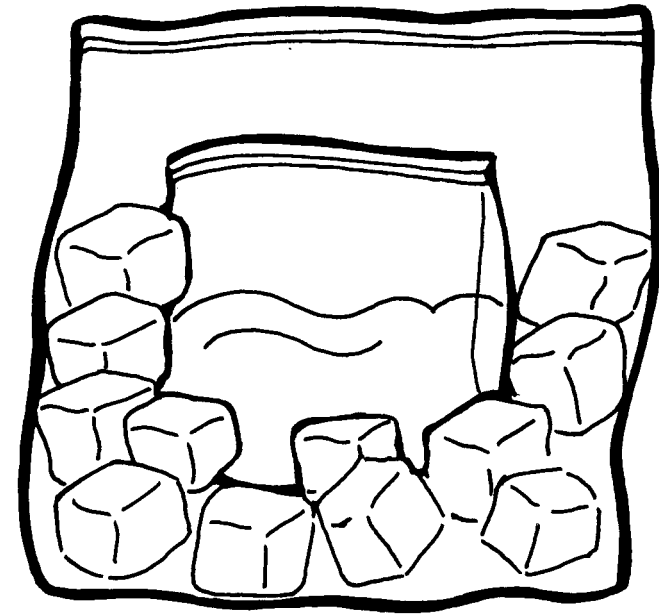


Snap-and-Seal Bag Ice-Cream *(cont.)*



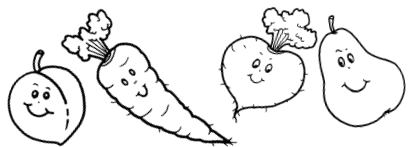
Add 1 tablespoon sugar and $\frac{1}{4}$ teaspoon vanilla essence. Stir with a spoon. Squeeze out the air as you seal the bag.

2



Put 12 ice cubes into the large bag. Place the small bag inside the large bag of ice.

3



Chef's Hat

Have you ever wondered why a chef wears a funny white hat on his or her head? It keeps hair from falling into the food.

Supplies for one chef's hat

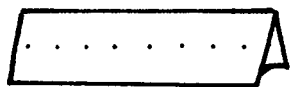
3 sheets paper (55 cm x 15 cm)

1 sheet paper (55 cm x 10 cm)

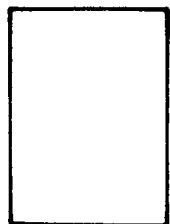
1 sheet paper (55 cm x 5 cm)

stapler

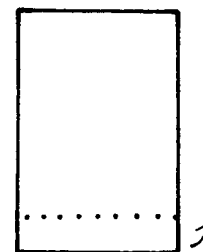
glue



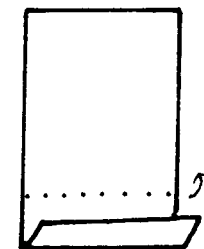
1. Fold 10-cm-wide paper in half lengthwise and put aside.



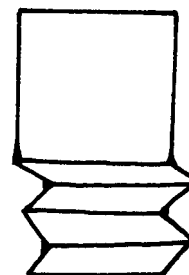
2. Fold 5-cm-wide paper in half lengthwise and put aside.
3. Take one piece of 15-cm-wide white paper and put it in front of you.



4. Bring the bottom of the paper up $2\frac{1}{2}$ cm and fold.



5. 5 cm above the fold, make another fold back the other way.



6. Continue making folds with the rest of the sheet.