

## 20 EASY COOKING SKILLS FOR YOUNG CHILDREN...



**Build on these skills - help your child to become a little chef and graduate up to super chef**

**(be careful, help where necessary and take care especially with allergies and all sharp things of course!)**

**Here are the 20 key skills to master:**

**CHOPPING  
WASHING  
SIFTING  
SQUEEZING  
POURING  
STIRRING  
MASHING  
WHISKING  
MEASURING  
PINCHING  
SNIPPING  
BRUSHING  
TRIMMING  
ROLLING  
TEARING  
ARRANGING  
GRATING  
SPREADING  
KNEADING  
CRACKING**

**All of these things can be done when making simple meals or helping to prepare every day things as; toast, a salad, scrambled egg, jazzing up a pizza, using pastry to make simple snacks, following a simple cake recipe, even when preparing a packed lunch. All these activities will allow your child to have go at mastering some simple yet important skills while helping to make a nice meal. Alongside this lovely achievement these activities also even help children to strengthen important physical coordinations and deepen their foundations of understanding in maths, literacy and science.**

**There are ideas for you on the next page. Don't try to do everything at once.**

**Take your time, have fun.**

**Lets get going.... it will be yummy!**



## Advice for grown ups....

Here are some ideas to get you started.

**CHOPPING** - start with soft fruit first, a banana is perfect. Use a safe and suitable knife on a chopping board. Later on why not thread lots of favourite fruits onto a wooden skewer to make a yummy kebab.

**WASHING** - start with rinsing fruit or vegetables before using in other things - it's always important to learn about washing hands too - it's fun to try washing up some of the safe and unbreakable cooking utensils in warm soapy water afterwards too.

**SIFTING** - use dry ingredients like flour or icing sugar in a sieve and sift into a bowl - later on help to **MEASURE** these out first too

**SQUEEZING** - start with a juicy orange or other citrus fruits - use a plastic squeezer - watch out for those pesky pips - why not try **POURING** the juice into a container next to make a delicious drink. Or stir into icing sugar to make a flavoured icing.

**STIRRING** - start with easier dry mixtures first then try stirring a cool batter, like a pancake mix or helping to combine the wet and dry ingredients for a cake - use a suitable spoon which is easy to hold. When you are good at this perhaps try **MASHING** up a potato, a banana or even an avocado. Use a fork first then try a potato masher. When muscles are ready you could even try **WHISKING** up an egg to make an omelette. Starting with a fork first to mix up an egg is the easiest thing to do then try a proper egg whisk. Whisking soft things like yogurt or cream with a simple flavouring is a fun thing to do.

**MEASURING** - out and counting how many spoons of something is very good for number skills - it is very helpful to also learn the names of the different spoon sizes. Helping to sort out a cutlery drawer is a task that is full of mathematical thinking. Later on helping an adult to weigh ingredients is a sophisticated next step.

**PINCHING** - start with taking the leaves off a herb plant such as basil, parsley, mint or chives - it's good to practice using steady fingers - afterwards try **SNIPPING** the leaves up with little scissors and perhaps sprinkling them onto a pizza. Try pinching the edges of pastry together also, or adding a pinch of salt to a mixture

**BRUSHING** - make a simple pie and use a pastry brush to paint egg or milk wash onto pastry - try **TRIMMING** the edges of the pie too - graduate to **ROLLING** out as this is a bit trickier. Use a cutter to make shapes - making jam tarts is a fun and an easy way to learn about pastry. You can even mix up and brush your favourite toppings onto your own pastry shapes to make snacks. For example try: melted butter with sesame seeds, warmed honey, jam or chocolate spread. Other options are sprinkling on cheese and herbs, or even spreading marmite. Try rolling up the marmite pastry and slicing into disks before cooking to make a curly savoury snack or try chocolate spread for a sweet version.

**TEARING** - start with leaves such as lettuce and make a salad - then try **ARRANGING** other favourite vegetables in the salad bowl or onto a plate - add spoons full of sweet corn or slices of cucumber and peppers to make it colourful. Cut fun shapes out of slices of bread with a pastry cutter to go with it. Set the table for the family and arrange all the things you need

**GRATING** - use a suitable piece of cheese - not too big and not too small - careful of those little fingers now - sprinkle grated cheese onto bread to make a sandwich or pop under the grill for cheese on toast. Try snipping some herbs on top for a snazzy snack. Another options is to grate very cold butter which is useful for some recipes such as a scone mixture.

**SPREADING** - start with butter onto toast first as bread is very soft and can be trickier- use a small safe knife for this - why not try putting your favourite topping on next - making a whole sandwich and cutting it up is a real achievement.

**KNEADING** - this requires a dough of some kind. If you don't fancy making bread, start with a play dough recipe. This can be great for punching and pulling about.

**CRACKING**- an egg of course !- be prepared for a little but of mess and an amount of practice here - It's tricky but very exciting.

On the following pages you will find the two tick charts.

The skills are arranged into two sets - "Little Chef" and "Super Chef" - each with 10 tasks to try out and tick. There is some overlap in the ideas as set out above which will enable progress to be ticked off in both groups.

There is a certificate to print off to celebrate the achievement of each level  
Good luck!



# LITTLE CHEF



- |    |           |                          |
|----|-----------|--------------------------|
| 1  | Chopping  | <input type="checkbox"/> |
| 2  | Washing   | <input type="checkbox"/> |
| 3  | Stirring  | <input type="checkbox"/> |
| 4  | Sifting   | <input type="checkbox"/> |
| 5  | Pouring   | <input type="checkbox"/> |
| 6  | Tearing   | <input type="checkbox"/> |
| 7  | Arranging | <input type="checkbox"/> |
| 8  | Snipping  | <input type="checkbox"/> |
| 9  | Pinching  | <input type="checkbox"/> |
| 10 | Brushing  | <input type="checkbox"/> |

# SUPER CHEF



- |    |           |                          |
|----|-----------|--------------------------|
| 1  | Squeezing | <input type="checkbox"/> |
| 2  | Mashing   | <input type="checkbox"/> |
| 3  | Whisking  | <input type="checkbox"/> |
| 4  | Measuring | <input type="checkbox"/> |
| 5  | Trimming  | <input type="checkbox"/> |
| 6  | Rolling   | <input type="checkbox"/> |
| 7  | Grating   | <input type="checkbox"/> |
| 8  | Spreading | <input type="checkbox"/> |
| 9  | Kneading  | <input type="checkbox"/> |
| 10 | Cracking  | <input type="checkbox"/> |

# Congratulations

you are now a.....

LITTLE CHEF



# Congratulations

you are now a.....

SUPER CHEF

