



# Kids in the Kitchen

**Provided by:**

Iowa State University Extension  
and Outreach, Scott County  
875 Tanglefoot Lane  
Bettendorf, Iowa 52722  
563-359-7577  
[www.extension.iastate.edu/scott](http://www.extension.iastate.edu/scott)

Information	Program Description
Kindergarten-5th Grade	Students explore recipes they can make in the kitchen. They also learn about the MyPyramid throughout the lessons. Students cook different recipes including banana wraps, GORP, fruit smoothies, salsa, yogurt dip, and meat and cheese kabobs.
Curriculum Format	Each lesson can be presented in 45-60 minutes.  Teaching Guide with complete instructions is provided.  Teaching Kit with materials needed to present lessons is provided. User may need to provide standard classroom supplies (pencils, scissors, glue). If a lesson requires perishable items (e.g. milk), user

Lesson	Overview
One: Food Safety	Students learn the importance of sanitizing hands, cooking surfaces, and utensils when cooking.
Two: Measuring	Students learn the importance of measuring while cooking. Students familiarize themselves with the abbreviations associated with measuring.
Three: Fruit Smoothies	Students practice how to duplicate ingredients to make enough servings for everyone.
Four: Salsa	Students practice measuring, stirring and cutting vegetables. They learn about the vegetable section of MyPyramid and how vegetables keep bodies healthy.
Five: Yogurt Dip	Students practice measuring, stirring and cutting fruit. They learn about the fruit section of MyPyramid and how fruit keeps bodies healthy.
Six: Meat and Cheese Kabobs	Students learn the history of the kababs in different places around the world and learn about the "Meat and Beans" section of MyPyramid.

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