

Big Cook

LITTLE COOK

The kitchen can be a welcoming space for everyone in the family, including the little ones. Younger children especially, love being given responsibility and working alongside big cooks. Here are some easy tasks that adults can give to little cooks, to help them pitch in:



Measuring ingredients.



Mixing, shaping, kneading, dividing and rolling dough.



Washing produce.



Garnishing dishes.



Making dressings (ingredients can be combined & shaken in a jar!).



Grinding spices and using a mortar and pestle.



Whisking sauces.



Peeling, topping and tailing beans and peas.



Grating.



Cracking and whisking eggs.



Sifting dry ingredients.



Setting the table.

KNIFE

ALTERNATIVES FOR LITTLE COOKS



Butter knife



Chop box



Mortar & pestle



Mezzaluna



Grater



Peeler



Hands



Scissors

THE TOP 7 RULES FOR KNIFE SAFETY

1

ALWAYS HOLD A KNIFE BY THE HANDLE, NEVER THE BLADE.

2

NEVER POINT A KNIFE TOWARDS ANOTHER PERSON, OR YOURSELF.

3

ALWAYS USE A CHOPPING BOARD ON A FIRM SURFACE WHEN USING A KNIFE TO PREPARE FOOD.

4

GRIP THE KNIFE HANDLE FIRMLY WITH YOUR HAND.

5

WHEN HOLDING A KNIFE, KEEP YOUR FINGERNAILS OUT OF VIEW; DON'T FORGET TO TUCK YOUR THUMB!

6

NEVER PUT A KNIFE INTO A SINK OF SOAPY WATER, WHERE IT CAN'T BE SEEN.

7

ALWAYS CARRY A KNIFE WITH YOUR ARM BY YOUR SIDE AND THE BLADE POINTING TOWARDS THE FLOOR.