

Before You Start Cooking



1 Wash your hands with soap before you start working.



2 Wear an apron so your clothes will not get dirty.



3 If you have long hair, you can tie it back so it will not bother you while you cook, and no hair will fall into the food.



7 If you need to use the burners on the stove, please **ask an adult** to help you, too.



8 If you need to use the oven, it is a good idea to turn it on just as you begin the recipe so it will be hot when you finally need it.



9 Turn off the stove or the oven when you have finished using it.



4 Before you start, read the recipe. Make sure you have all the necessary ingredients, and follow instructions step-by-step.



5 Weigh and measure all ingredients before you start cooking.



6 **Ask an adult** to help you turn on the oven or to cut ingredients with a sharp knife or scissors.



10 Use pot holders to take pots, pans, or trays off the stove or out of the oven so you will not burn your hands.



11 Move the pot handles out of the way so you do not knock into them accidentally and drop them or burn yourself.



12 Clean the utensils as you cook. When you are done cooking, leave the kitchen as tidy as you found it.

Fruit Skewers with Honey

Ingredients:

2 tangerines or 1 orange

1 small pineapple

2 bananas

8 strawberries

half a melon

honey

1 Peel the tangerines and bananas. Pare the pineapple and melon.

2 Wash the strawberries and remove the leaves.

3 Cut the fruit into cubes.

4 Stick the different pieces of fruit onto the skewers.

5 Pour a little honey over the skewers.



2.



5



4.



5.



4

Ingredients:

vanilla ice cream

clean strawberries

orange juice

a peppermint leaf

Spring Dessert

Instead of orange juice, you can also use some chocolate syrup.



1



2



3

1 Put a scoop of ice cream in a glass.

2 Remove the leaves from the strawberries. Add a few strawberries and some orange juice to the ice cream.

3 You may add a peppermint leaf for decoration.

