

# 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** Ask an adult to help you when you need to cut something with scissors or a sharp knife or to open a can.



**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 stove or the oven.



**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.



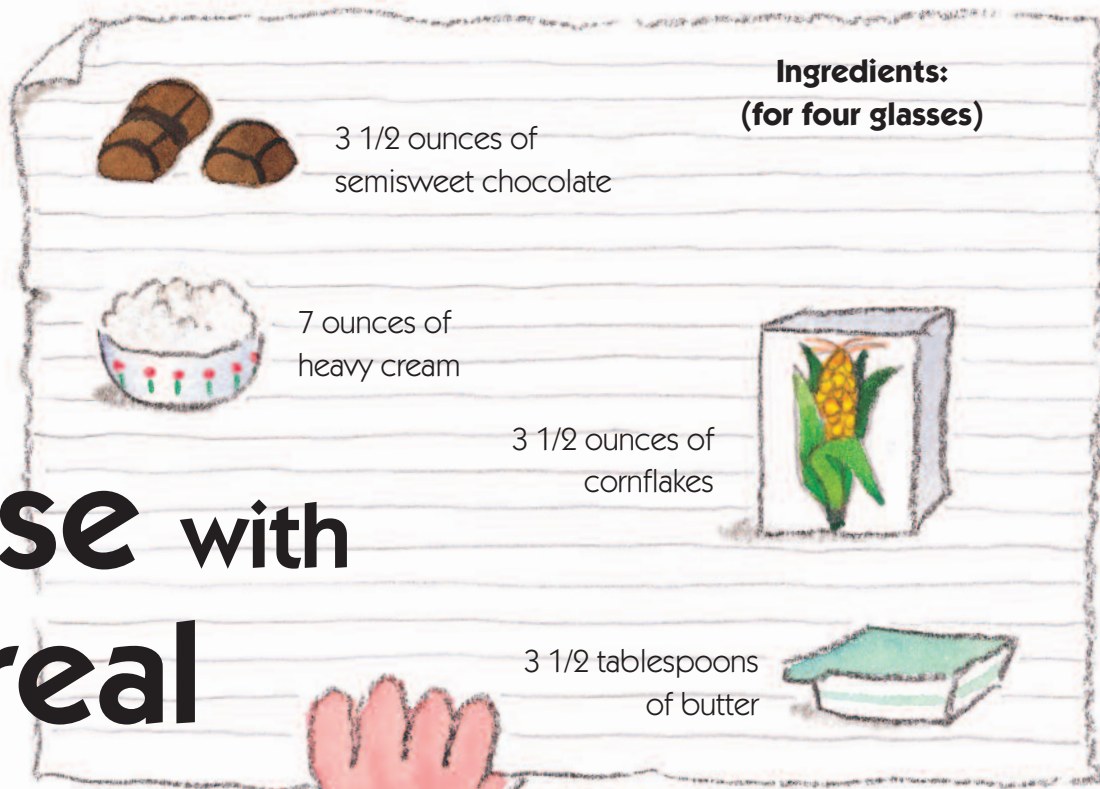
**11** Move the pot handles out of the way so you do not knock into them accidentally and drop them or burn yourself.



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



# Mousse with Cereal

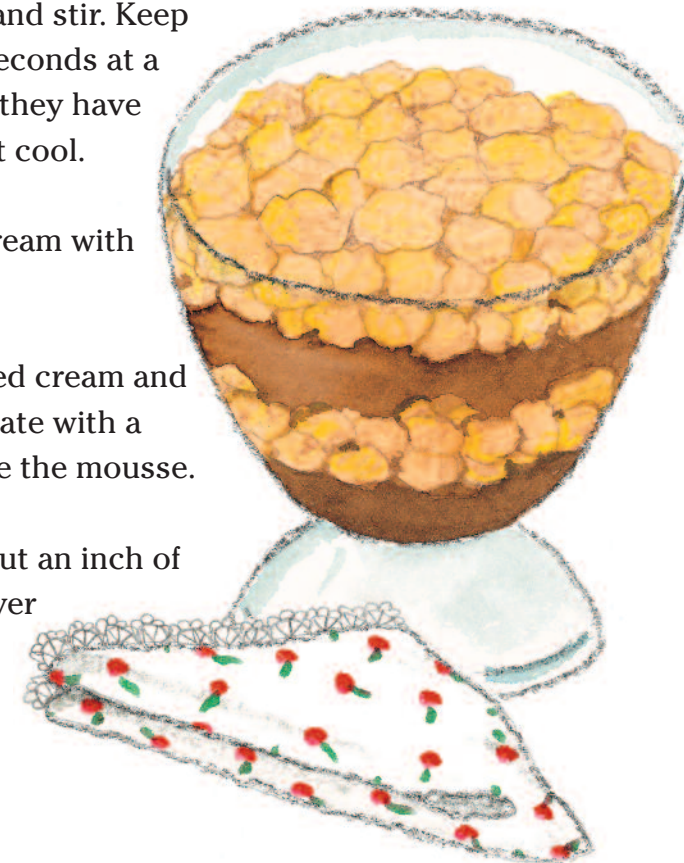


**1** Put the butter and chocolate in a microwave-safe bowl. Microwave them for ten seconds and stir. Keep heating them for ten seconds at a time and stirring until they have completely melted. Let cool.

**2** Whip the heavy cream with an electric mixer.

**3** Fold in the whipped cream and the melted chocolate with a wooden spoon to make the mousse.

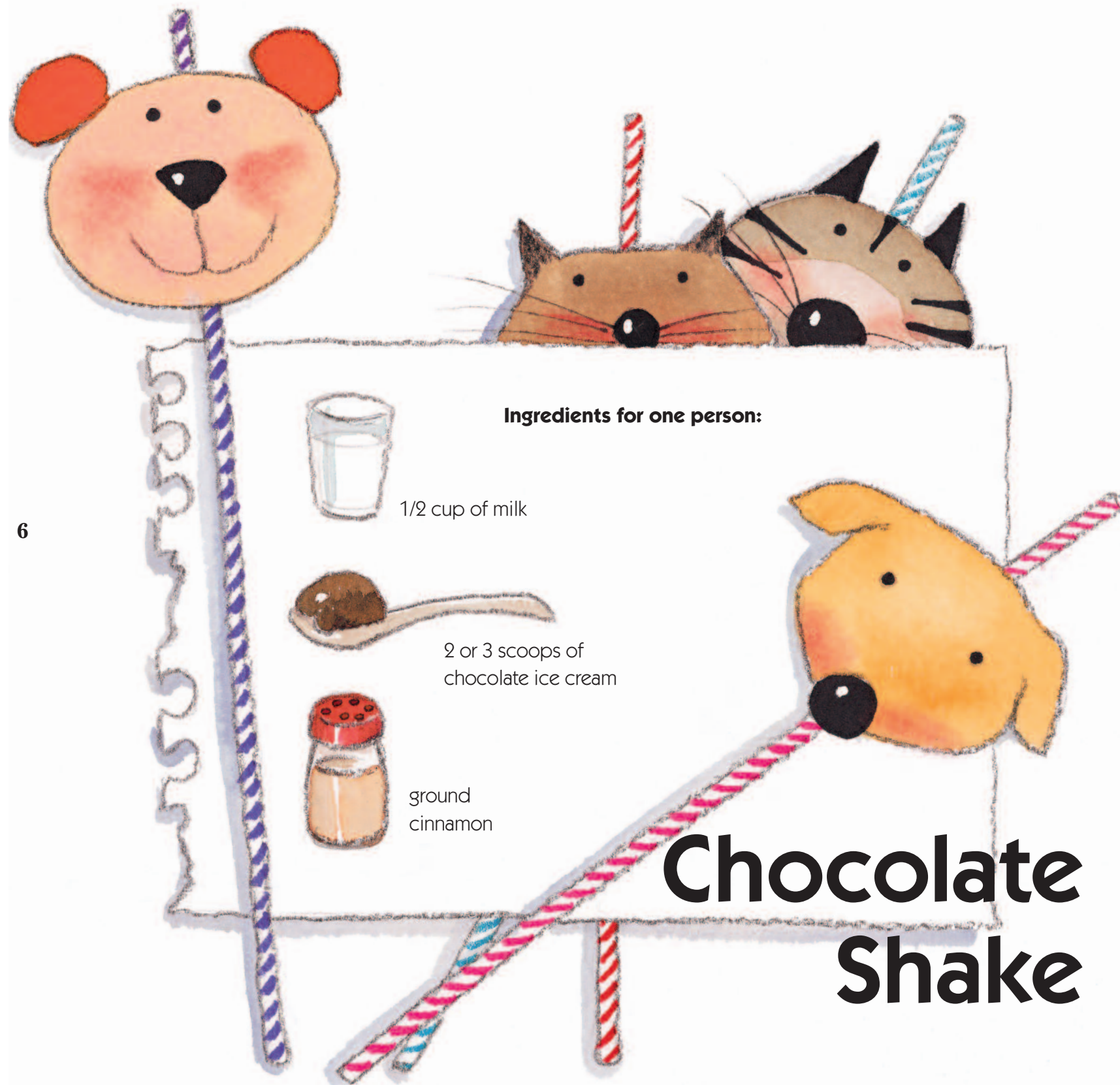
**4** In a glass, put about an inch of mousse, then a layer of cornflakes. Add another layer of mousse, and on top a final layer of cereal.



*You may also use crushed cookies instead of cereal.*







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**1** Put the milk, the chocolate ice cream, and a dash of cinnamon in a bowl.

**2** Mix all the ingredients together with a hand blender. You can also use a regular blender.

