


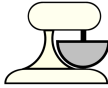














Cooking Ages 8-11

-  Make school lunch
-  Open cans
-  Scoop batter into muffin cups
-  Use stand mixer
-  Use blender
-  Rinse dishes and load dishwasher
-  Pound chicken
-  Skewer food
-  Use food processor

-  Plan a family meal
-  Use oven
-  Use microwave
-  Make a fresh fruit platter
-  Decide what is needed to balance out a meal so it has food from each food group