



"NOW I KNOW MY ABC'S..."



"MMM—MMM"



1. SCRUB

Before the real cooking begins, Power Chefs know dirt and germs need to get washed away.

1. Wash your hands with warm, soapy water.
2. Scrub front and back, under your fingernails and between your fingers for 20 seconds (that's the time it takes to sing the ABC song).
3. Dry your hands with a clean towel or paper towel.

2. WASH

For clean cooking, all fruits and veggies need to be washed. Here's how a Power Chef does it:

1. Wash them under running water.
2. Scrub them with a soft brush (even a clean toothbrush or cloth works). For small fruit or veggies, like berries or cherry tomatoes, put them in a colander (a bowl with small holes) and rinse them well under running water.
3. Now they're ready to cut, cook or eat.

3. TRY!

A Power Chef always tastes what they create,

To make sure the flavors and textures taste great!

This is the final step in every cooking adventure.

It's the reward of the journey, like a tasty treasure!

And if the bite is not what you thought it would be,

A different quest awaits for you to try another recipe.

IT'S FUN TO TRY NEW SKILLS WITH EACH KITCHEN QUEST. BUT, A POWER CHEF PRACTICES SCRUB, WASH AND TRY SKILLS EVERY TIME. ADD A STICKER WITH EACH SKILL YOU LEARN.

POWER CHEF

SKILLS

READY TO CONTINUE ON YOUR QUEST TO BE A POWER CHEF?

You've tried some tasty veggies. Now it's your chance to have some fun cooking them up in the kitchen as you practice these Power Chef skills. Make sure to ask an adult for help!



SQUEEZE!



KEEP IT LEVEL!



4. SQUEEZE

1. Wash the fruit: oranges, lemons or limes.
2. With an adult's help or supervision, use a knife to slice the fruit in half.
3. Hold half the fruit in one hand, then squeeze the fruit letting the juice spill into a glass or cup. If you have a hand juicer, that works too.

5. MIX & WHISK

1. To mix, you need to fully stir two or more ingredients together. Sometimes this is also called "tossing" together.
2. A whisk is a kitchen tool used to mix ingredients smooth, or to add air into a mixture. You can also use a spoon, fork or spatula.
3. Holding onto your whisk or tool, mix all the ingredients together.

6. MEASURE

Measuring cups and spoons are used for both wet and dry ingredients.

TO MEASURE DRY INGREDIENTS

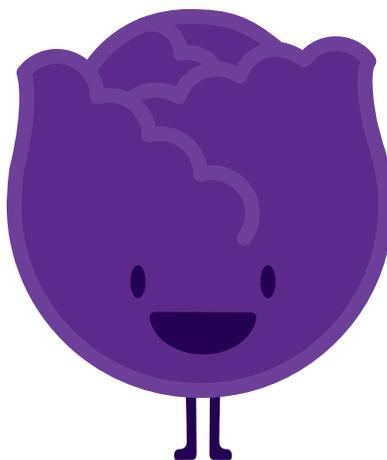
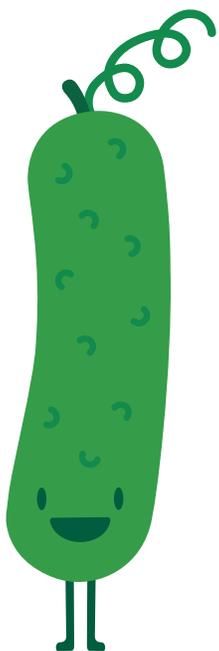
(like fruits, veggies and flour)

1. Using a measuring cup for dry ingredients, set it on a flat surface.
2. To measure, spoon the dry ingredient into the measuring cup.
3. Keep it level. Use a flat edge, like the back of a table knife, to scrape off any extra, so the ingredient is level with the top of the measuring cup.

TO MEASURE LIQUIDS

(milk, water, oils)

1. Using a liquid measuring cup, put on a flat surface.
2. To measure, bend down so the exact measurement line is at eye level. If you look from above, the amount you pour might be too much or not enough.
3. Keeping it level, slowly pour the liquid into the cup until it is level with the measurement line.





"THE CLAW"



7. SLICE & CHOP

Knives are a very important tool for Power Chefs and come with safety rules. Before you begin, you always need:

- An adult to supervise
- A clean cutting board
- A sharp knife (note: a dull knife makes cutting more difficult and less safe)

Power Chefs start off by learning how to slice safely with soft fruits like bananas, pears and peaches.

1. Place the fruit on a clean cutting board and start slicing with a plastic knife or table knife.
2. Practice keeping fingers out of the way before moving on to slicing and chopping harder fruits and veggies like apples, lemons and onions.

STEPS TO SLICING SAFELY

1. Hold the knife with "the pinch grip." Hold the knife in the hand you write with, near the blade, not at the back of the handle.
2. With your other hand in the shape of a "claw," hold the fruit or veggie.

8. PEEL & SHRED

PEEL means to remove the skin from something.

1. Hold the peeler in the hand you write with.
2. With your other hand, hold one end of the fruit or veggie. The other end of the fruit or veggie should be resting on a clean counter or cutting board.
3. With the fruit or veggie pointed slightly down, start at the end closest to your body. Push the peeler blade down with a little pressure and swipe away from you into the skin of the fruit or veggie. Turn the fruit or veggie after each swipe of the peeler until the skin is gone.

SHRED means to cut into very thin slices or pieces using a knife, a hand or box grater or a food processor.



1. Hold the grater by the handle on top and press the bottom firmly to a flat surface, like a cutting board on a counter.
2. With the fruit or veggie in the hand you write with, push it down onto the grater from top to bottom. Repeat this until there is about 1-2 inches left of the fruit or veggie, stopping before it gets too hard to hold or your fingers are close to the grate.

FOR KITCHEN KNIFE SAFETY 101 VIDEOS, VISIT POWERUP4KIDS.ORG/VIDEOS

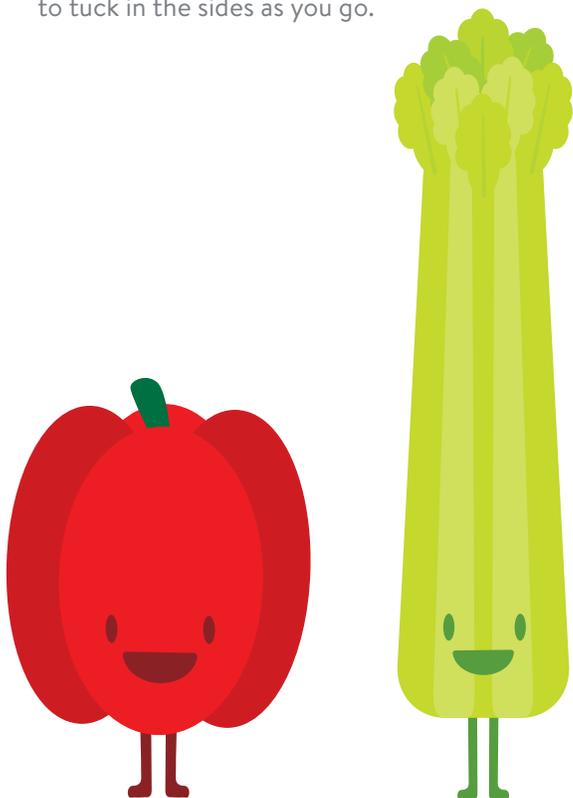


ROLL AWAY!



9. WRAP & ROLL

1. Fill the wrap with the ingredients. Put the filling or mixture of ingredients down the center of the wrap. Leave some of the wrap empty at both ends of the filling to make it easier to wrap or roll.
2. To wrap, start by folding both ends in and over the filling. Hold down both ends over the filling with your fingers and use your thumbs to fold in the side of the wrap closest to you.
3. Pull your fingers out of the sides. Move them to the top of the wrap (where your thumbs are). Start rolling it away from you. Use your fingers to tuck in the sides as you go.



10. HEAT

Use of heat when cooking is a very important skill for Power Chefs and comes with safety rules. Before you begin, you always need:

- An adult to supervise
- An adult to show you how the stove/oven works
- Hot pads or gloves to safely transfer and handle hot foods

Roast: means to cook in an oven at a higher temperature or over an open fire.

Bake: means to cook food by dry heat without direct exposure to a flame, typically in an oven.

Sauté: means to fry quickly in a little hot oil or other fat.

Braise: uses both moist and dry heat. The food typically is seared, which means to cook quickly at a sudden, intense heat to help crisp the outside of the food, then finished in a covered pot at a lower temperature while sitting in some liquid, which helps add flavor.

**SAFETY
FIRST!**

A Power Chef always asks for an adult's help or permission with all sharp knives, appliances, the stove or oven, and other hot ingredients.