Be an Assistant Chef at Home
Before cooking

• Ask an adult for permission to assist them.
• Learn their kitchen safety rules.
• Wash your hands.
Help During Cooking

• Read the recipe
• Wash fruits and vegetables
• Measure ingredients
• Combine ingredients
• Mix things together
• A cookie recipe says: Mix 1/2 cup of white sugar with 1/2 cup of brown sugar.

How much total sugar do you need to mix together in this recipe?

\[ \frac{1}{2} \text{ cup} + \frac{1}{2} \text{ cup} = ?? \]
More ways to help

Set the table      Make placemats
Help After Cooking

Clean up

Thank the adult you assisted

Taste your creation!