

Kids Take Over the Kitchen Day

Actual Holiday: September 13

First Celebrated: 2010



Introduction

The idea of kids taking over the kitchen may be one that strikes fear into the hearts of many adults. But this day is meant to be an opportunity for kids to learn about food and become involved in planning, preparing, and cooking food for their families. As no one expects an early-elementary student to whip up a four-course dinner, it's a good opportunity for young kids to learn a bit more about what goes into a meal and maybe offer to help out a bit more with food preparation at home. Celebrate this holiday by helping students realize just what goes into the preparation and cooking of their favorite foods.

Materials

- *My Favorite Recipe* activity sheet (page 55)
- art supplies
- pencils

The Activity

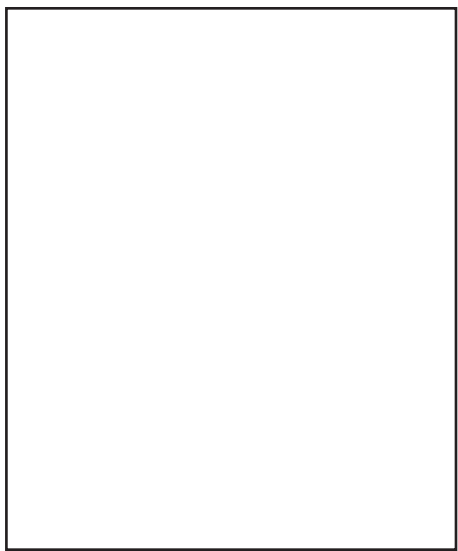
- Tell students that today they will be celebrating Kids Take Over the Kitchen Day.
- Talk to students about their favorite meals. These could be meals they have eaten at home, at a friend's or relative's house, or in their favorite restaurant. It could be something they have eaten just once or have eaten many times as long as they can remember the details about it.
- Ask students if they think it is difficult to make their favorite meals. Is this something that they think they could do? Is this a meal that could be eaten often or more of a special-occasion meal?
- Talk to students about what meal preparation is like in their home. Is it mostly just one person's job? Do they ever get involved in meal planning in their homes? Why or why not?
- Ask students what the person who does the meal planning has to do. Do they come up with the shopping list and do the shopping too? Or do multiple people do that job? If they were going to help, what part of the job would they like to do? What do they think they would be best at?
- Distribute the *My Favorite Recipe* activity sheet to students. Have them pretend that they are going to make their favorite meals for their families and/or friends.
- First, have students draw pictures of their favorite meals in the box at the top of the page. Then, have students think about the ingredients that go into their favorite meals. It's okay if they have to guess some of the ingredients. Have them write these ingredients down in the You Will Need section.
- Finally, have students think about how to make this meal step by step. Have them write the steps in the How to Make It section. Remind students to guess if they are unsure and have fun.
- Have students take their *My Favorite Recipe* activity sheets home to share with their families and friends. If possible, have an adult who knows the recipe write on the page what students may have forgotten or never known about preparing their favorite meal. Have students discuss what they still have to or want to learn about when it comes to cooking and food preparation. Did this activity make them more or less likely to want to take over the kitchen? Do they think they might be ready to do so when they are a little older?



Name: _____

My Favorite Recipe

Dish Name: _____



You Will Need:

- _____
- _____
- _____
- _____
- _____

How to Make It:
