



Juicy Chef Words

- **Bear claw**: A chef skill where one curls up the fingers of the hand they are using to hold onto an ingredient they are cutting.
- **Dice**: To cut an ingredient into small cube-shaped pieces. Small dice is usually cut to ¼-inch pieces.
- **Garnish**: Ingredient used as a decoration or embellishment accompanying a prepared food or drink. It may add a boost of flavor.
- **Mise En Place**: A French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking.
- **Sauté**: Cooking ingredients in a small amount of fat, like oil over relatively high heat.
- **Blanch and shock**: a method of cooking where ingredients are briefly cooked in boiling water ("blanch") and immediately plunged into cold water ("shock") to stop the cooking process. Helps to preserve the nutrient content of fresh vegetables.
- **Al dente**: refers to cooking pasta or rice tender enough to be somewhat firm when bitten into



Nutrition Tidbits

- **Broccoli is a high fiber food. Fiber helps maintain healthy digestion, a healthy weight, and lowers the risk of diabetes, heart disease and some cancers.**
- **Broccoli has:**
 - ***Vitamin C* for healthy skin;**
 - ***Vitamin K* for healthy bones;**
 - ***Iron* to help red blood cells transport oxygen to muscles; and**
 - ***Potassium* for a healthy heart.**
- **Broccoli has been cultivated for more than 2,000 years. Like cauliflower and other cruciferous vegetables, broccoli is native to the Mediterranean region and Asia Minor.**
- **Garlic contains a compound called allicin, which supports immune health. Cut garlic and let it rest at least 10 minutes before adding to heat to get the most out of its health-promoting qualities.**



Harvesting The Facts

- **There is always a place for children to support adults in the kitchen!**
- **Younger children perform best when provided with engaging and organized tasks.**
 - **These tasks should be brief, in order to keep them from losing focus.**
- **Older children can better understand culinary-related definitions (juicy chef words), and why they are carrying out cooking-related tasks a certain way**
- **To learn how to best cook in a kitchen, children of all ages require the support and guidance of their guardians.**



Digging Deeper

- **Children between the ages of 3-7 can be given the following cooking jobs:**
 - **Whisking**
 - **Shaking**
 - **Stirring**
 - **Mashing**
 - **Picking**
 - **Smelling**
 - **Adding pre-measured ingredients into a recipe**
 - **Washing all foods (*EXCEPT for animal proteins*)**



Digging Deeper

- **Children between the ages of 8-12 can be given the following cooking jobs in addition to the tasks for 3-7 year-olds:**
 - **Performing basic knife skills, using a plastic knife for safety**
 - **Reading a recipe**
 - **Helping create a shopping list**
 - **Using some kitchen appliances under the supervision and discretion of a guardian, including:**
 - **Blenders**
 - **Food processors**
 - **Microwave ovens**
 - **Toasters or toaster oven**