

# THE KITCHEN TIMES

ARTICLES FOR THE YOUNG CHEF



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## DID YOU KNOW?

Throughout the Small Bites Program you will learn about nutrition and making every day healthy eating choices.

## MAKE IT COUNT

Take the time to taste each recipe and decide what you like and don't like about the healthy snack.

## GET COOKING

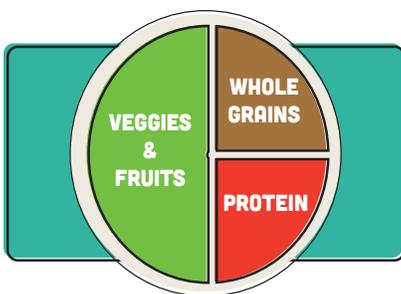
Don't be afraid to try a new recipe, experiment with ingredients, and always taste new foods!

## Welcome to Small Bites!

There are many benefits of eating a healthy diet, and all of them help us achieve our goals like being a great student, a great athlete, and a great friend. Eating a healthy diet improves our ability to focus, prevents our bodies from getting sick, and helps us to be our best every day. In Small Bites, you will get the chance to become part of the healthy eating process, also known as nutrition. Practice makes perfect, so in Small Bites we're going to practice healthy habits, learn about nutritious foods, and taste new things.

### The Chef's Plate

The Chef's Plate is a guide for how a healthy plate should look. Like the Chef's Plate, (shown to the left) each plate of food we eat should be half vegetables and fruits, a quarter whole grains, and a quarter lean protein. Portion sizes are important to remember. One serving of vegetables and fruits is a half cup, one serving of protein is about the size of a deck of cards, and a serving of whole grains is about the size of a computer mouse. Part of a healthy diet means moderation; eating just as much as the body needs and filling up on



nutritious choices. Remember, your stomach is only as big as your fist, so it's important to make every bite count!

### Parts of a recipe

A recipe is like a kitchen road map that tells the chef what ingredients to cook with and how to cook them. The recipe also gives important information like the yield and serving size. A recipe only makes enough food for a certain amount of people. The yield tells chefs how many people they will feed. To have enough food for more people, chefs might need to scale the recipe by using multiplication. Who knew chefs were also mathematicians?

### Pro Chef Tips

1) After the yield and serving size, recipes list all ingredients and directions on how to cook the dish. It's important to read the entire recipe ahead of time so there are no surprises. Some recipes call for chilling or

### Vocabulary

**Mise en place** (meez- on-plaz): the process of preparing ingredients before cooking begins. In French it means "put in place", but a better phrase is "a place for everything and everything in its place"

**Nutrition:** the study of food and drink, particularly in humans

**Scale:** to multiply all the ingredients in a recipe by the same number to have the total amount that you need

**Sanitation:** working in a clean way to keep food safe

### Basic kitchen abbreviations:

C = cup  
T = tablespoon  
t = teaspoon  
pt = pint  
qt = quart  
gal = gallon  
oz = ounce  
lb = pound

marinating overnight, or slow cooking for many hours.

2) To get organized in the kitchen, chefs gather and prepare their ingredients in a process called mise en place. This way, once they start cooking, they're ready to go and everything is in its place.

3) To ensure that the food chefs make is safe to eat, it is essential to understand basic sanitation like proper hand washing. To properly wash hands, run them under warm water add soap and scrub for 20 seconds. Be sure to get the backs and fronts of your hands, wrists, and under your fingernails. Then rinse under warm water and dry with a clean towel.

4) A good chef is adventurous and tastes new dishes all the time. It is important to always take a "no thank you" bite. You never know which foods will surprise you!

## TRAIL MIX

Yield: 4 servings, Serving Size:  $\frac{3}{4}$  C

### Ingredients:

- 1 C whole-grain cereal
- $\frac{1}{2}$  C raisins
- $\frac{1}{4}$  C hulled sunflower seeds

### Beforehand

- Measure out ingredients for each group
- Review recipe directions in lesson plan 1 (3rd - 5th Grade)

### Equipment:

- Mixing bowl
- Spatula
- Measuring spoons and cups

### Directions:

1. In a small bowl, mix all ingredients together.
2. Scoop into four bowls and enjoy!

### CONVERSION CHART

