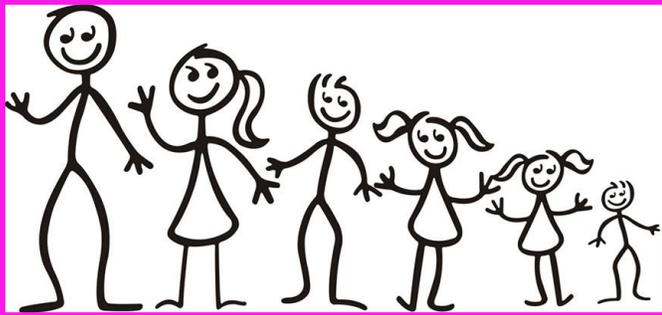
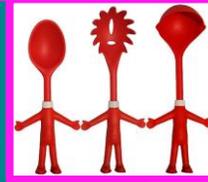


# Everyone in the Kitchen



*Recipes and  
activities for  
all ages—  
cooking and  
eating  
together*



## Acknowledgements

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The NWT Literacy Council is a territorial non-profit group that promotes and supports literacy in all official language of the NWT. Our program areas include Aboriginal languages, family literacy, adult literacy and essential skills, youth literacy, and plain language.

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## Intro

Families can have lots of fun in the kitchen together.

Invite your kids into the kitchen to help make the recipes in this booklet.

Check out the activities for each age group. Include your kids in every step of the food/cooking process.

- Grow food in your yard or community garden.
- Clean and fillet a fish or help to butcher meat from a hunt.
- Plan a meal.
- Choose a recipe.
- Make a grocery list and go to the store. Compare brands and prices.
- Talk about food safety rules and kitchen safety.
- Get the kitchen ready; find the utensils you need.
- Prepare food and cook. Try new foods—tastes and textures.
- Eat and enjoy food. Talk about what food you like and why, your favourite part of cooking together, what you want to try next.
- Do dishes and clean up. Many hands make light work.



## Activities to Include Kids in the Kitchen

Kids of every age can have fun in the kitchen. Cooking together helps build different literacy skills.

- Socialize and work together.
- Use math skills, learn about kitchen tools, prepare and chop different foods, cook, and share food and cooking knowledge.
- Learn about kitchen and food safety.

**0 to 1 year:** Sit baby in a high chair in the kitchen with a snack or toy.

<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Talk to them; name foods, cooking actions, kitchen tools, etc.</li> <li>▪ Show them things; include them in the action.</li> <li>▪ Offer new foods—tastes and textures; watch their reaction.</li> </ul>	
<p><b>Safety</b></p>	<ul style="list-style-type: none"> <li>▪ Keep a safe distance from the stove.</li> <li>▪ Keep in a high chair, not moving around on the floor.</li> <li>▪ Avoid foods they may choke on.</li> </ul>	

**1 to 3 years:** Toddlers can help. Or set up a pretend kitchen for imaginary play.

<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Name ingredients; add pre-measured ingredients; stir things.</li> <li>▪ Try new foods—tastes and textures; describe colours, tastes, and textures</li> <li>▪ Peel bananas or mandarin oranges.</li> <li>▪ Count; talk about measuring.</li> <li>▪ With supervision, push buttons on a salad spinner, blender, or food processor.</li> </ul>	
<p><b>Safety</b></p>	<ul style="list-style-type: none"> <li>▪ Be careful with knives, hot pots, raw meat.</li> <li>▪ Use a wide-based step stool if they need to reach something—not a ladder or chair.</li> <li>▪ Ask toddlers to talk to an adult before they eat something.</li> </ul>	

**3 to 5 years:** Preschoolers can do lots. Put some utensils where they can reach.

<b>Activities</b>	<ul style="list-style-type: none"><li>▪ Slice easy things: bananas, strawberries, mushrooms; tear lettuce by hand.</li><li>▪ Measure and weigh different sizes of different ingredients; count.</li><li>▪ Name different ingredients; look at a recipe; see foods have a written name.</li><li>▪ Try different foods; describe tastes and textures; plan a meal.</li><li>▪ Decorate cakes or cookies.</li><li>▪ Hand wash dishes; unload a dishwasher.</li></ul>	
<b>Safety</b>	<ul style="list-style-type: none"><li>▪ Use a child-safe knife; teach them how to use it properly.</li><li>▪ Do not leave them alone in the kitchen.</li><li>▪ Talk about water temperature, if they use the taps on their own.</li><li>▪ Check sink for knives or broken glass when they wash dishes.</li><li>▪ Do not leave pots on the stove.</li></ul>	

**5 to 11 years:** Elementary kids can start to cook on their own; use the microwave.

<b>Activities</b>	<ul style="list-style-type: none"><li>▪ Measure and weight ingredients; adjust the amount if needed; substitute and problem-solve if one ingredient isn't available.</li><li>▪ Make a simple breakfast: toast and peanut butter, yogurt parfait, instant oatmeal.</li><li>▪ Make their own lunch: put together a sandwich, slice veggies or cheese, peel a hard-boiled egg, fill a water bottle.</li><li>▪ Make after-school snacks: microwave nachos, grilled cheese, fruit salad.</li><li>▪ Help make dinner; set the table and clean up after.</li></ul>	
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**5 to 11 years:** Elementary kids can start to cook on their own; use the microwave.

**Safety**

- Talk about microwave safety: look for hot spots, stir before eating, use oven mitts.
- Decide if you're comfortable with your child using the stove or microwave on their own.

**11 to 18 years:** preteens and teens can cook for themselves, unsupervised.

**Activities**

- Be responsible to cook one meal per week for the family.
- Lead the family in a cooking activity.
- Find new ingredients at the store, research how to use them, cook a dish using them.
- Cook with friends.
- Create a weekly food budget; plan, shop, and cook within the budget.



**Safety**

- Decide at what age you're willing to let preteens and teens work in the kitchen when you're not home.
- Make sure they understand kitchen safety and food safety.
- Encourage them to set a timer if they have to leave the kitchen—to remind them to come back; and to get rid of any distractions—e.g. turn off the TV, put down the phone.

# Basic Kitchen Safety

## Avoid Cuts

- Keep knives away from children.
- When they are ready, show them how to use a knife safely.
- Keep knives sharp. Dull knives are more dangerous.
- Do not put sharp knives in dishwater.



## Prevent falls and shocks

- Clean up spills on the floor right away so no one slips and falls.



## CLEAN UP SPILLS

- Use a proper stool to stand on to reach things beyond reach.
- Unplug electric appliances when children add ingredients—e.g. blender, food processor, and mixers and beaters.



## Avoid Burns

- Turn pot handles away from the edge so no one can knock them over or grab them.



- Have oven mitts available and use them.



- Tie long hair back.



- Check that the smoke detector works. Make sure the fire extinguisher is charged, if you have one.
- Keep a first aid kit nearby.

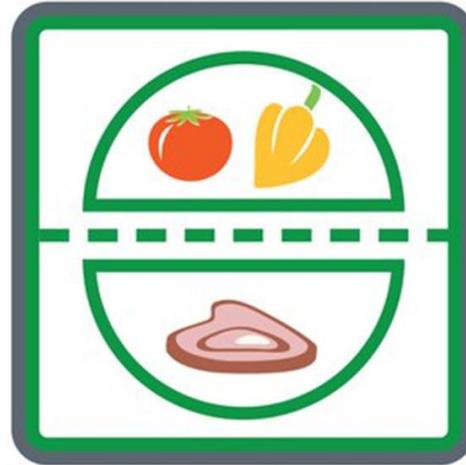
## Four Food Safety Rules

### Clean



Wash hands & surfaces often;  
wash all fruits & vegetables  
under running water

### Separate



Separate raw meat, poultry,  
seafood, & eggs from ready-to-  
-eat foods.

### Cook



Cook food to the right  
temperature & use a food  
thermometer to test doneness.

### Chill



Chill raw meat and poultry, as  
well as cooked leftovers,  
promptly.

# Whipped Fruit Ice Cream



(1 page)

**Ready in 15 minutes**

**Makes enough for 2 to 3 people**

## Tips

- Use any kind of berries or other fruit—fresh or frozen, and any kind of fruit juice.
- To make the recipe dairy free, use ice cubes and a bit of non-dairy milk instead of ice cream.

## Ingredients

- 2 cups frozen fruit
- 1 cup vanilla ice cream
- $\frac{1}{2}$  cup fruit juice



## Prep

1. Put all ingredients into a blender or food processor. If the ice cream is too hard to scoop, put the spoon in hot water for a few seconds.
2. Blend ingredients together until they are smooth.
3. Scoop into bowls.

# Pizza Bannock



(2 pages)

Ready in 1 hour

Makes enough for 4 to 6 people

## Tips

- You do not have to make the pizza the same day you cook the bannock.
- If you don't have time to make bannock, use hamburger buns, bread slices, or tortilla shells.
- Everyone can choose their own toppings for an individual pizza.

## Ingredients—Bannock

- 4 cups flour
- 3 tablespoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$  cup softened butter or margarine
- $2\frac{1}{2}$  cups milk (maybe less)



## Ingredients—Pizza

- Tomato sauce
- Shredded cheese
- Toppings



## Pizza Bannock

### Prep—Bannock

1. Preheat oven to 350° and grease a cookie sheet.
2. In a big bowl, stir together the flour, salt, and baking powder.
3. Add the softened butter and mix it with a fork.
4. Add the milk slowly and mix with a fork. Add just enough milk for the mix to get wet. Don't add too much.
5. Sprinkle flour over a clean, hard surface and dump out the dough. Knead the dough until it gets firm.
6. Flatten the dough with a rolling pin or hands to a round  $\frac{3}{4}$  inch thick.



7. Put it on the greased cookie sheet. Bake for 30 to 40 minutes—until it is golden brown.



### Prep—Pizza

1. Cool the bannock. Once it is cool, you can use it right away to make pizza or put it in the fridge and make pizza another day.
2. Preheat oven to 350° and put the bannock on a cookie sheet.
3. Cover bannock with a layer of sauce. Add a layer of shredded cheese. Add the toppings.
4. Bake for 10 minutes or until the cheese melts.

## Quick Three-Ingredient Pancakes



(1 page)

**Ready in 20 minutes**

**Makes enough for 1 person**

### Tips

- This is a great snack for toddlers.
- If you have leftovers, freeze the pancakes and re-heat them in the toaster.

### Ingredients

- 1 banana
- 1 egg
- 2 tablespoons oats



### Prep

1. Mash the banana in a small bowl.
2. Add the egg and beat with a fork. Add the oats and mix again. Add more oats if the mix is too runny.



3. Pour the batter into a hot frying pan. Cook on medium high heat.
4. Flip and cook until slightly browned.



## Peach and Basil Salsa



(1 page)

**Ready in 4 hours + 30 minutes**

**Makes 1 bowl salsa**

### Tips

- Serve with chips or bannock.
- Experiment with using different amounts of each ingredient.
- Scoop a couple of spoonfuls onto raw chicken breast before you cook it—to add flavour.

### Ingredients

- 3 cups corn
- 1 cup peaches
- 1 tomato
- $\frac{1}{2}$  red onion
- 6 basil leaves
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon lemon juice



### Prep

1. Chop the peaches, tomato, red onion, and basil into very small pieces.
2. Mix all ingredients together in a bowl.
3. Put the salsa in the fridge for 2 to 4 hours, to chill and let the flavours mix.

## Kid-Approved No-Bake Energy Bites



(1 page)

**Ready in 4 hours + 30 minutes**

**Makes 18 to 20 bites**

### Tips

- If you keep energy bites in the fridge, they keep for one week.
- If you keep extra energy bites in the freezer, they keep there for three months.
- Put them straight from the freezer into your child's lunch box. They thaw in time for lunch.

### Ingredients

- $\frac{1}{2}$  cup peanut butter
- $\frac{2}{3}$  cup dried fruit
- $\frac{1}{3}$  cup honey
- $\frac{1}{2}$  cup chocolate chips
- $\frac{1}{3}$  cup ground almonds
- 1 cup raw oatmeal



### Prep

1. Line a cookie sheet with wax paper.
2. Put all ingredients into a big bowl. Mix well.



3. Cover the bowl. Put in the fridge for 1 hour.
4. Roll a tablespoon of the mix into a ball. Place the balls on the cookie sheet. Put in the freezer for 3 hours.

## Honey Nutty Cereal Bars



(2 pages)

Ready in 8 hours + 45 minutes

Makes 16 squares

### Tips

- Make the bars in the evening and let them sit in the fridge overnight. They are ready in time for breakfast.

### Ingredients

- 1 cup crunchy peanut butter
- $\frac{1}{2}$  cup honey
- $\frac{1}{2}$  cup coconut oil
- 5 cups Cheerios
- $1\frac{1}{2}$  cups chopped nuts



## Honey Nutty Cereal Bars

### Prep

1. Grease a square baking dish.
2. In a big pot, melt the peanut butter, honey, and coconut oil over medium low heat. Stir until the ingredients are mixed and smooth.



3. Gently stir in the Cheerios and nuts until they are well coated with the peanut butter mix.
4. Pour it all into the baking dish. Use a spatula or your hands to flatten it into an even layer.
5. Put the pan in the fridge for 8 hours or more.
6. Use a sharp knife to cut the squares. A spatula works best to get them out of the pan.

# Apple Sandwiches



(1 page)

**Ready in 10 minutes**

**Makes 2 to 3 sandwiches**

## Tips

- Roll the edges of the sandwich in the extra granola.

## Ingredients

- 1 apple
- $\frac{1}{2}$  cup granola
- $\frac{3}{4}$  cup peanut butter

## Prep

1. Slice the apple cross-wise and cut out the core. The slices look like donuts.



2. Spread some peanut butter on one apple slice. Sprinkle granola on top of the peanut butter.



3. To close the sandwich, put another apple slice on top.

# Hummus



(1 page)

**Ready in 10 minutes**

**Makes 2 to 3 sandwiches**

## Tips

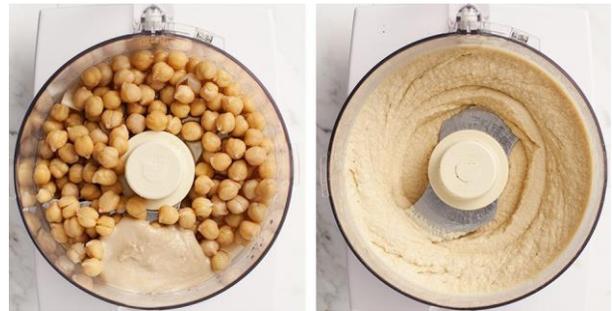
- Add the olive oil after blending. Blending olive oil gives it a bitter taste.
- Serve with pita wedges, crackers, or cut up veggies.
- Use it in a sandwich instead of meat or cheese. Hummus has lots of protein.

## Ingredients

- 1 cup cooked chickpeas
- $\frac{1}{4}$  cup water
- 2 tablespoons tahini
- $\frac{1}{2}$  teaspoon salt
- 1 clove garlic
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Paprika (optional)

## Prep

1. Put all the ingredients—except olive oil—into a food processor. Blend for two minutes, until it is very smooth.



2. Scrape the sides and blend for another two minutes.
3. Put it in a bowl. Add the olive oil and stir until the oil mixes in completely.
4. Sprinkle with paprika if you want.

## Sauce Jars



(2 pages)

**Ready in 10 minutes**

**Makes 1 jar**

### Tips

- Use large jars.
- For each sauce, combine all ingredients in a jar and shake well.
- Keep sauces in the fridge and use them within 5 days.

### Tomato Sauce

Use this sauce in Italian dishes such as pasta or pizza.

- 1 cup crushed tomato
- $\frac{1}{2}$  cup tomato paste
- 2 tablespoons minced garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley



## Sauce Jars

### Honey BBQ Sauce

Use this as a dipping sauce for chicken fingers, burger topping, or marinade.

- $\frac{1}{2}$  cup honey
- $\frac{1}{4}$  cup molasses
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons smoked paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar



### Balsamic Dijon Sauce

Use this as a salad dressing or marinade.

- 1 cup olive oil
- 1 cup balsamic vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 tablespoons Dijon mustard
- 3 tablespoons honey

### Alfredo sauce

Use this sauce on pasta, chicken, or pork.

- $\frac{1}{2}$  cup melted butter
- 2 tablespoons minced garlic
- 2 cups grated parmesan
- 1 teaspoon salt
- $\frac{1}{2}$  cup sour cream
- 1 cup heavy cream

## Homemade Baby Food



(2 pages)

**Ready in 30 minutes**

**Makes 8 baby meals**

### Tips

- Once you make the baby food, pour it into ice cube trays to make baby-sized servings.
- Keep in the freezer for up to 1 month.
- Replace the water in any recipe with breast milk or formula.
- Use more or less liquid to make the food more or less runny.

### Tree Fruit—Ingredients

- 1 banana
- 2 apples
- 1 cup cooked oats, rice, quinoa, or baby cereal
- Water

### Tree Fruit—Prep

1. Chop the apples and take the cores out of them.
2. Boil or steam the apples.
3. Add everything to a blender or food processor. Blend it until it is smooth.



# Homemade Baby Food

## Summer Fruit—Ingredients

- 1 cup canned or frozen peaches
- $\frac{1}{2}$  cup fresh or frozen raspberries
- 1 cup cooked oats, rice, quinoa, or baby cereal
- Water

## Summer Fruit—Prep

1. In a small pot, bring the heat to medium low and add the peaches. Leave it to simmer for 5 minutes.
2. Add the raspberries. Cook it for 5 minutes and stir the whole time.



3. Let it cool.
4. Put everything into a blender or food processor and blend it until it is smooth.

## Going Green—Ingredients

- 2 apples
- $\frac{1}{4}$  cup spinach
- $\frac{1}{4}$  cup peas
- Water (if needed)

## Going Green—Prep

- Core apples and chop into small pieces.
- Put all ingredients in a pot. Steam or boil them for 10 minutes.
- Move everything from the pot to a blender. Blend until smooth. If it is too thick, add water a tablespoon at a time.

## Harvest Veggies—Ingredients

- 1 potato
- 1 cup zucchini
- $\frac{1}{2}$  cup peas
- Water (if needed)

## Harvest Veggies—Prep

- Chop potato and zucchini.
- Put everything in a pot. Boil or steam for 12 minutes, or until it is soft.
- Move everything from the pot to a blender. Blend until smooth. If it is too thick, add water a tablespoon at a time.

## Old-Fashioned Sugar Cookie Mix in a Jar



(2 pages)

**Ready in 15 minutes**

**Makes 12 cookies**

### Tips

- Give as a gift to friends or family.
- Keep a jar in your pantry.
- If you don't have a jar, use a zip lock bag.
- Follow the instructions on the label to make cookies.

### Ingredients

- $\frac{1}{2}$  cup white sugar
- $\frac{1}{2}$  cup powdered sugar
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon cream of tartar
- $\frac{1}{2}$  teaspoon salt
- 2 cups flour
- 1-litre jar

### Prep

1. Stir together the flour, baking soda, cream of tartar, and salt.
2. Put the sugar in the bottom of the jar.
3. Pour the flour mix on top.
4. Attach a label with instructions to make cookies. Use the label on the next page or make your own.

## Old-Fashioned Sugar Cookies

Made for you by:

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1. In a bowl, beat together until smooth:
  - 1/2 cup butter
  - 1/2 cup oil
  - 1/2 cup regular sugar
  - 1/2 cup powdered sugar
  - 1 egg
  - 1 teaspoon vanilla
2. Add the mix from the jar. Mix well to form soft dough. Put the dough in the fridge for at least two hours.
3. Preheat oven to 350°. Prepare a cookie sheet (spray, grease, paper liner).
4. Roll tablespoons of dough into balls. Then roll in sugar. Place two inches apart on cookie sheet.
5. Bake for 9 to 11 minutes, until they start to brown. Cool before eating.



## Old-Fashioned Sugar Cookies

Made for you by:

---

1. In a bowl, beat together until smooth:
  - 1/2 cup butter
  - 1/2 cup oil
  - 1/2 cup regular sugar
  - 1/2 cup powdered sugar
  - 1 egg
  - 1 teaspoon vanilla
2. Add the mix from the jar. Mix well to form soft dough. Put the dough in the fridge for at least two hours.
3. Preheat oven to 350°. Prepare a cookie sheet (spray, grease, paper liner).
4. Roll tablespoons of dough into balls. Then roll in sugar. Place two inches apart on cookie sheet.
5. Bake for 9 to 11 minutes, until they start to brown. Cool before eating.



## Dry Shake and Bake Mix in a Jar



(2 pages)

**Ready in 15 minutes**

**Makes coating for four chicken breasts or pork chops**

### Tips

- Give as a gift to friends or family.
- Keep a jar in your pantry.
- If you don't have a jar, use a zip lock bag.
- Use the instructions on the label to use shake and bake yourself.

### Ingredients

- 1 cup flour
- 2 teaspoons cornstarch
- 2 teaspoons paprika
- 2 teaspoons onion powder
- 2 teaspoons salt
- 2 teaspoons sugar
- 1 tablespoon poultry seasoning
- 2 teaspoons dry parsley
- 2 cups dry breadcrumbs
- 1-litre jar



### Prep

1. Put everything in the jar.
2. Attach a label with instructions. Use the label on the next page or make your own.

## Shake and Bake Mix

Made for you by:

---

1. Preheat oven to 400°. Grease a pan or line it with foil.
2. Pour the mix from the jar into a big bowl. Add 3 tablespoons cooking oil. Stir the oil in well.
3. Place four pieces of chicken or pork chops into the mix. Roll them around until they are well coated.
4. Place the meat on the pan. Bake 30 to 40 minutes—until cooked through.



## Shake and Bake Mix

Made for you by:

---

1. Preheat oven to 400°. Grease a pan or line it with foil.
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