







- 2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.**

**The Basics: Clean, Separate, Cook and Chill** You can help prevent food poisoning from bacteria and viruses by following four simple steps when you prepare food:

### **CLEAN: Wash hands and countertops often**

- Wash your hands with warm water and soap for at least 20 seconds before and after you touch food.
- Items that touched food like cutting boards, dishes, silverware, and counter tops need to be washed with hot soapy water. Wash before and after each food item and those bacteria won't have a chance to grow.
- Rinse fresh fruits and vegetables under running tap water.
- If you have a vegetable scrubber, you can give an extra scrub to fruits and vegetables that have firm skins. Scrub under running tap water.



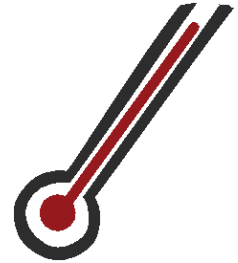
### **SEPARATE: Don't mix raw with cooked!**

- Separate raw meat, poultry, seafood and eggs from other foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Keep raw foods separate from cooked foods. Don't use the same plate.



## COOK: Cook foods to the right temperature

- Use a food thermometer which measures the inside temperature of cooked meat, poultry and egg dishes. A thermometer helps you cook foods to a safe temperature.
- Cook eggs until the yolk and white are firm, not runny. Avoid using recipes in which eggs stay raw or only partially cooked.
- Make sure there are no cold spots in food (where bacteria can live) when cooking in a microwave oven. For best results, rotate the dish once or twice during cooking.

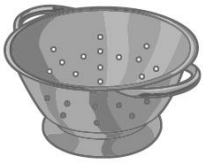


## CHILL: Refrigerate right away - don't wait.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours. Put them in a container in the refrigerator or freezer with a label and date .
- Food must be kept at a safe temperature when defrosting it. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.
- Don't forget to throw out food that has been in the refrigerator for more than four days.

# Chef Solus A-Z List of Cooking Supplies

How well do you know the items that live in your kitchen?  
Match up the cooking item with the right picture.



apron



baking pans



cookie sheet



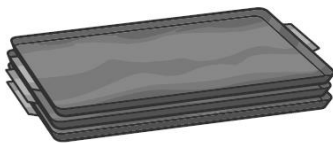
cutting board



grater



measuring cup



soup pot

potato peeler

oven mitts

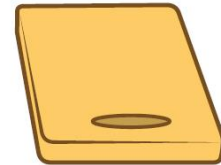
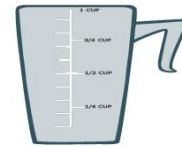
rolling pin

soup ladle

spatula

strainer

whisk



## HEALTHY SNACK IDEAS



carrots & hummus



cheese and crackers



whole fruits



low-salt popcorn



celery & peanut butter



yogurt with fruit



veggie sticks



no-salt added almonds

**3. Select and prepare two nutritious snacks for yourself, your family, or your den**



### WHOLEGRAIN CARBS Choose 0-1



A handful of whole grain crackers



A small handful of pretzel sticks



3 brown rice cakes



1 piece whole grain toast



1/2 a whole grain pita



1 whole grain tortilla



1/2 cup leftover cooked quinoa



3 cups air-popped popcorn



1/2 cup whole grain cereal



One small whole grain muffin

### PROTEINS & HEALTHY FATS Choose 1-2



1/4 cup hummus



A small handful of nuts



1/4 cup cubed cheddar cheese



1 hardboiled egg



5 large olives



1/2 cup of greek yoghurt



1/2 cup of cottage cheese



2 Tbsp Peanut butter



1/2 an avocado



1/2 cup refried beans

### FRUITS AND VEGETABLES Choose 1-2



Carrot sticks



Cucumber slices



Celery sticks



Cauliflower florets



Red pepper slices



Sliced apple



One banana



Kiwi fruit



Half a grapefruit



Fresh berries



4. With the help of an adult, select a recipe to **prepare in a kitchen** for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.
5. With the help of an adult, select a recipe to **prepare in the outdoors** for your family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

**Some ideas:**

**Breakfasts**

Toasted bagels  
Strawberry jelly  
Milk

Hash browns  
Bacon  
Banana  
Milk

Granola parfaits:  
Granola  
Strawberries  
Yogurt

Breakfast sandwich:  
Toast or biscuit  
Cheese  
Sausage  
Orange on side  
Milk

**Lunch**

Sandwiches:  
Sub bread  
Turkey  
Lettuce  
Cheese  
Grapes on side

Chicken quesadillas:  
Tortilla  
Chicken  
Shredded cheese  
Apple chips on side

Homemade Pizza:  
Pillsbury pizza crust  
Small jar pizza sauce  
Pepperoni slices  
Shredded mozzarella

**Dinners**

Grilled shrimp foil packets:  
Shrimp  
Butter  
Lemon/spices  
Carrots on side

Tacos:  
Taco shells  
Browned ground beef  
Taco seasoning  
Toppings:  
Cheese  
Lettuce / Tomatoes

Spaghetti with meatballs:  
Spaghetti noodles  
Jar spaghetti sauce  
Frozen meatballs  
Parmesan cheese