



FAMILY LEARNING ACTIVITIES

Root Vegetable Risotto with
Pulled Chicken
July 12, 2020



COOKING TECHNIQUES FOR KIDS

How can kids help in the kitchen?

If you're cooking with kids, you know best what they're ready for based on their level of maturity and motor control. The National Association for the Education of Young Children recommends the following:

Ages 2-3 might be ready for stirring, shaking, spreading, tearing, dipping, kneading and using basic kitchen implements like whisks, spatulas, strainers, or cookie cutters. Kids age 3-4 might be ready for more complex tasks like pouring, rolling or measuring, and with supervision they might try using small non-electric appliances. Kids older than five can do just about anything with supervision -- grating, mashing, peeling, even cutting with a knife.

SAFETY FIRST!

- Supervision is key! Don't leave little ones unattended while cooking.
- Keep potentially dangerous equipment stored until you're ready to use it.
- Sharp knives are safer because they are easier to control -- keep your knives sharp, but out of reach until needed and supervise carefully!
- Make sure you have plenty of potholders around; keep them dry and away from burners.
- Be careful with electric appliances, cords, and electrical outlets
- In case of a stove top fire, use a fire extinguisher or baking soda, NOT WATER as it can spread a grease fire quickly. You can also use a lid to smother flames.
- Make sure your helpers know what's hot -- lids, handles, and utensils all heat up when the stove is in use, and releasing steam can cause severe burns.
- Prevent food-borne illness: wash hands frequently, keep hot food hot and cold food cold; wash fruits and vegetable thoroughly, and cook meat, poultry, eggs and fish to the appropriate temperature.

LET'S TALK ABOUT FOOD!

FIVE SENSES OF FOOD

A way to explore new foods with picky eaters! Prepare and sample a new food and describe it using your five senses.

This activity works with individual foods, or two-three foods at a time to make comparisons, like:

- Different foods from the same food group, like three nuts or three fruits
- Things that look similar but taste different, like papaya and sweet potato
- The same vegetable, served raw and cooked in different ways, like roasted, steamed, or sauteed

Sight: What color is it? Is big or small? Does it look different after you cook it? How so? Is there something about the way it looks that makes you want to eat it? Does it look like other foods that you've tried?

Sound: What does it sound like when you cut it? When you cook it? When you chew it?

Smell: What does it smell like? Does it smell like it tastes? Does it smell like other foods that you've tried?

Touch: What does it feel like when you touch it? Is it dry or greasy or slimy? Rough or smooth? What does it feel like in your mouth? Is it squishy or crunchy? Does it stick to the roof of your mouth or get stuck in your teeth?

Taste: Does it taste like you expected? Is it sweet? Spicy? Sour? Salty? Does the flavor remind you of something else?

COOKING CONVERSATIONS

Ask open-ended questions about what's happening in the kitchen:

Make comparisons between ingredients: *"Dried basil and dried oregano look the same, but how are they different?"*

Apply past knowledge: *"What happened when we boiled noodles? Will the same happen with rice?"*

Make predictions: *"What will happen to the cheese when we put it in the microwave?"*

Look for creative solutions: *"What can we do with this leftover sauce?"*

Solve problems: *"How can we pour this without spilling?"*

WHAT IS MYPLATE?

MyPlate, from the US Department of Agriculture, is a way to find your healthy eating style and build it throughout your lifetime.

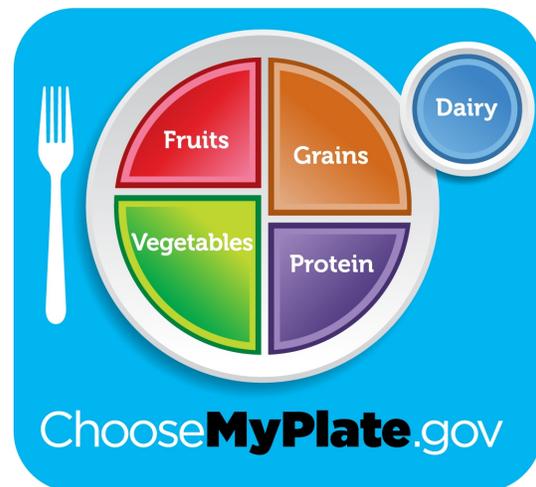
Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. Go to choosemyplate.gov for more information, activities and worksheets on healthy eating.

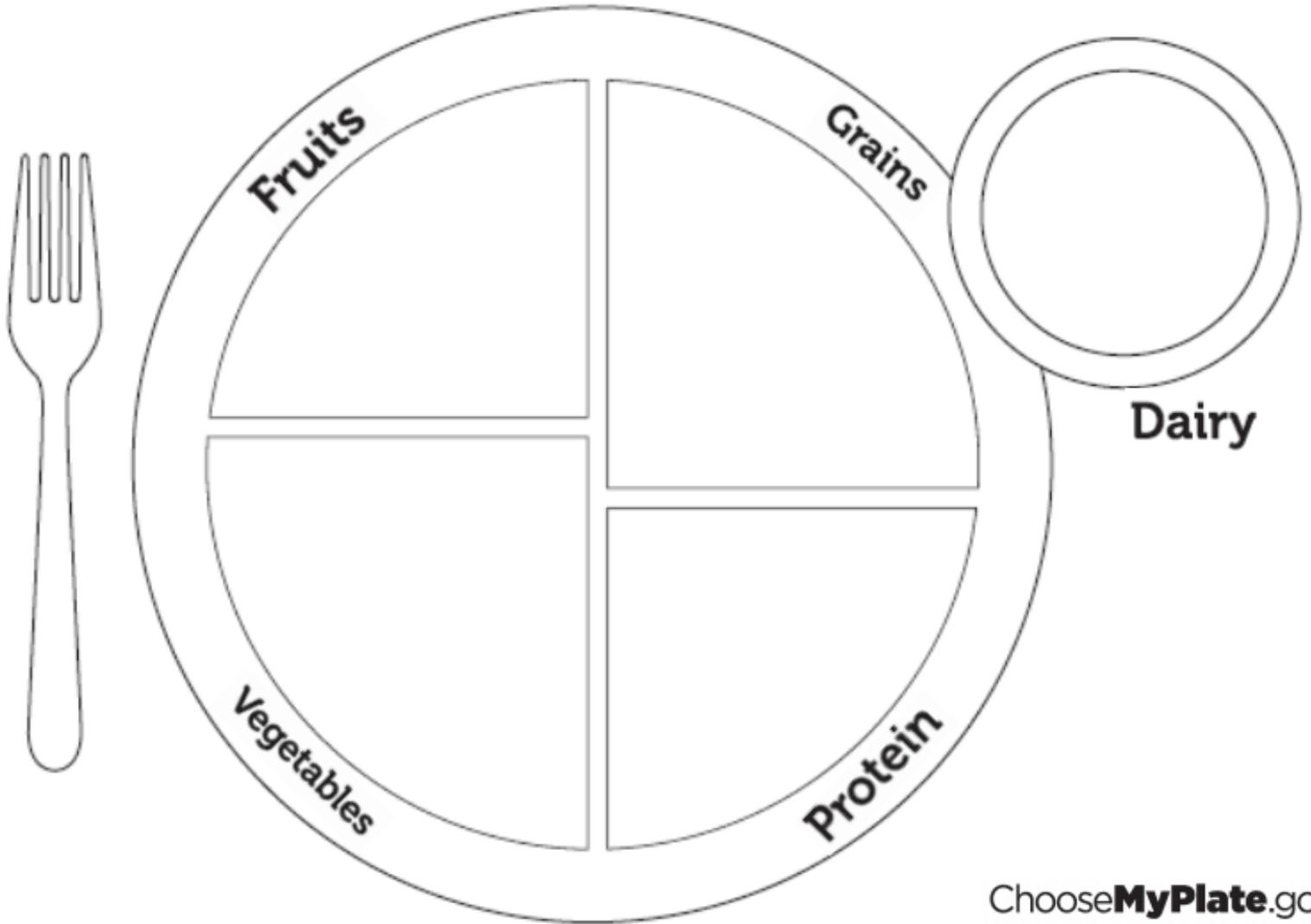
WHAT'S ON MYPLATE?

- Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
- Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains.
- All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content (like cheese and yogurt) are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.



WHAT'S YOUR FAVORITE PLATE?

Use the space below to draw your favorites from each of the MyPlate groups!



Choose **MyPlate**.gov

MEASURING CUP FRACTIONS CHALLENGE

Use water to practice with measuring cups and learn about fractions!

Fill a dish tub or bucket with water, and try to create the amounts given below using your measuring cups at home. Have kids measure various amounts using different combinations of their measuring cups. They can keep track of their work by writing fraction addition equations in the space below each question.

Fill a clear liquid measuring cup like the one shown below to see your progress!
Suggestion: Have kids record their solutions on a piece of paper.



MEASURING CUP CHALLENGE: QUESTIONS

1. How could you make 1 cup using the $\frac{1}{4}$ and $\frac{1}{2}$ measuring cups?
2. How could you make 1 cup using the $\frac{1}{3}$ and $\frac{1}{2}$ measuring cups?
3. How could you make 1 cup using the $\frac{1}{4}$ and $\frac{1}{3}$ measuring cups?
4. How could you make 2 cups using any of the other measuring cups?
Find as many ways as possible.
5. Find two ways of making $\frac{3}{4}$ cup.
6. Bonus challenge: How is the $\frac{1}{3}$ cup measure different from the others?

MEASURING CUP FRACTIONS CHALLENGE

ANSWERS

1. How could you make 1 cup using the $\frac{1}{4}$ and $\frac{1}{2}$ measuring cups?

$$\frac{1}{2} + \frac{1}{2} = 1 \text{ cup}$$

$$\frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 1 \text{ cup}$$

$$\frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} = 1 \text{ cup}$$

2. How could you make 1 cup using the $\frac{1}{3}$ and $\frac{1}{2}$ measuring cups?

$$\frac{1}{2} + \frac{1}{2} = 1 \text{ cup}$$

$$\frac{1}{3} + \frac{1}{3} + \frac{1}{3} = 1 \text{ cup}$$

3. How could you make 1 cup using the $\frac{1}{4}$ and $\frac{1}{3}$ measuring cups?

$$\frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} = 1 \text{ cup}$$

$$\frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 1 \text{ cup}$$

4. How could you make 2 cups using any of the other measuring cups? Find as many ways as possible.

$$1 + 1 = 2 \text{ cups}$$

$$1 + \frac{1}{2} + \frac{1}{2} = 2 \text{ cups}$$

$$1 + \frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 2 \text{ cups}$$

$$\frac{1}{2} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} = 2 \text{ cups}$$

$$\frac{1}{4} + \frac{1}{4} = 2 \text{ cups}$$

$$\frac{1}{3} + \frac{1}{3} + \frac{1}{3} + \frac{1}{3} + \frac{1}{3} + \frac{1}{3} = 2 \text{ cups}$$

5. Challenge: Find two ways of making $\frac{3}{4}$ cup.

$$\frac{1}{2} + \frac{1}{4} = \frac{3}{4} \text{ cup}$$

$$\frac{1}{4} + \frac{1}{4} + \frac{1}{4} = \frac{3}{4} \text{ cup}$$

WHAT'S COOKING?

RISOTTO

Risotto is a hot rice dish that's made with stock and sometimes wine instead of water. It's stirred continuously while the liquid is absorbed to release the starch that makes the finished product rich and almost creamy. Like pasta, you can add whatever you want -- cheese, vegetables, or meat -- along with fresh herbs and spices for flavor.

Risotto is usually made with Arborio rice, a fat, short grain Italian rice that has lots of extra starch to give risotto its creamy texture.



ARBORIO RICE 

ROOT VEGETABLES



CELERY 

CELERY ROOT 

Root vegetables are just what they sound like -- the roots of a plant that grows in the ground. Sometimes, like potatoes, we just eat the root; but sometimes, we eat both the root and the greens above the surface, like celery.



rutabaga



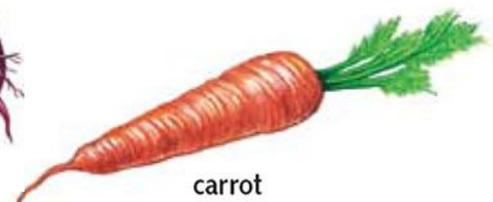
turnip



parsnip



beet



carrot

ALL ABOUT THE FLAVOR!

SPICES

HERBS

THYME



BASIL



TARRAGON



Herbs are leafy plants used to season food - try a bite of each one to see how they're different.

What we call spices come from lots of different kinds of plants, but are often ground seeds or parts of plants other than leaves. Fee free to taste, but be careful - a little goes a long way, and sometimes they're HOT!

CUMIN



FENNEL SEED



PAPRIKA



SAFFRON



COOKING JOURNAL

For each stop on the Circle Food Tour, we'll give you a few things to write or talk about for each dish.

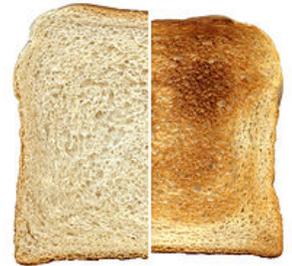
WHILE YOU'RE COOKING

- What color is the rice when you start out? What color is it when it's finished? What do you think caused the change?
- Where does the stock (liquid) go when it disappears?
- What color is the rice when you start out? What color is it when it's finished? What do you think caused the change?
- Where does the stock (liquid) go when it disappears?
- Taste a little bit of each of the herbs separately before you add them. Once they're all in the risotto, how do they change the way it smells as it cooks?
- Describe the chicken before cooking (color, smell, touch; raw chicken sometimes carries bacteria that go away when you cook it, so don't eat it, and be sure to wash your hands well after you touch it). What does it look like afterwards? What do you think happens to the chicken to change it?

HOW'S IT BROWN?

Cooking is all about chemical reactions, and one of the most important of these is called the *Maillard reaction*. It's what happens when the natural sugars and proteins in our food are heated, like in a pan or oven.

It's responsible for browning, and it makes bread taste toasty and malty, burgers taste charred, and coffee taste dark and robust, but it also transforms meat and vegetables.



What do you think your chicken would look like without the Maillard reaction?

WHILE YOU'RE EATING

- How does it look? Is it pretty? What colors do you see? Does the way it looks make you want to eat it, or not?
- How does it smell? Does the way it smells make you want to eat it, or not?
- Now take a bite. What individual ingredients can you identify by smell or taste? What do you like or not like about the way it tastes?
- How's the texture? Is it smooth? Creamy? Crunchy? Soft? What do you like or not like about the way it feels in your mouth?

MyPlate snack tips for kids



10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!
Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.

