

# Single-Serving Graphic Recipes for Kids

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## Common Measurements



Pinch (about 1/8 teaspoon)



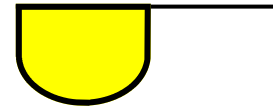
1/4 teaspoon



1/2 teaspoon



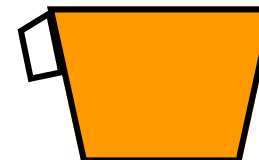
1 teaspoon



1 Tablespoon



1/4 cup



1/3 cup

# Helpful Teacher Tips

If you are working with a large group, set up the cooking project as a center or station. Call the children back four or so at a time to do their cooking project during a free-choice time. You will need a grown-up helper to manage the Cooking Center. You may also want to ask parents to contribute ingredients—a request form is included.

## Setting up the Cooking Center

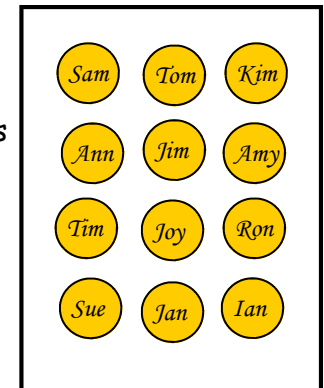
- To make clean up easier, you may want to cover the table with butcher paper.
- Display several copies of the graphic recipe on the table—in color if possible. You may want to laminate them.
- Put the ingredients out in the order they are used in the recipe. You will probably want to take about the amount you think you will need out of the package and put it into bowls since you may not want 24 little fingers dipping into your flour bag. Label the ingredients (Labels for common ingredients are included, or you can make them yourself).
- Put the appropriate sized measuring spoon with each ingredient. This may mean you will need several of the same kind of measuring spoon—the plastic ones are fairly inexpensive. You may also want to include some plastic butter knives for leveling off the dry ingredients.
- Special cases:
  - eggs: mix them up ahead of time so the kids just need to measure out the amount they need.
  - apples: core and slice. Kids can cut them into small chunks with a plastic knife or butter knife.
  - butter: can be replaced by margarine if desired—be sure to let it soften for easy measuring.
  - yeast: if you are in a hurry, don't worry about waiting 5 minutes to proof—the product will still come out, it

just won't rise as well.

- Set the baking pan at the end. Grease cookie sheets ahead of time. Liners work well for muffin tins.
- Plastic cereal bowls or even margarine containers make great mixing bowls. Kids can mix with an ordinary teaspoon. Each child can wash and dry his or her spoon and bowl after completing the project so they will be ready for the next child.

## The Process

- Call kids back 4 or so at a time. Be sure to have them wash hands before coming to the Cooking Center.
- Have the children begin at one end of the table, following the graphic recipe, moving down the table as they go. Assist as needed. The recipes are pretty forgiving, but you may need to add a little extra flour or liquid.
- You may want to use a baking map so that you will know which product belongs to which child. To do this, label the top of your baking pan. Then make a map of the pan on a piece of paper, labeling as you go. Be sure to number the pans if you use more than one.
- When everyone has made their project, an adult can bake them.



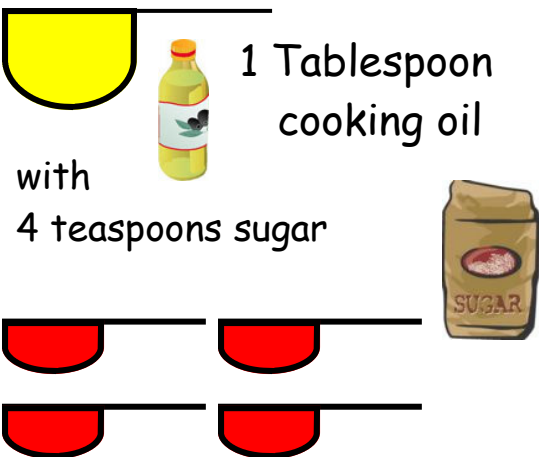
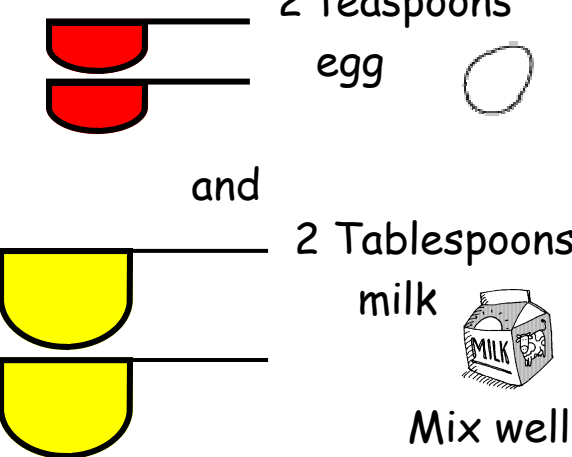
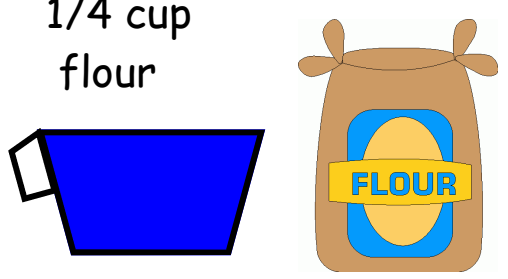
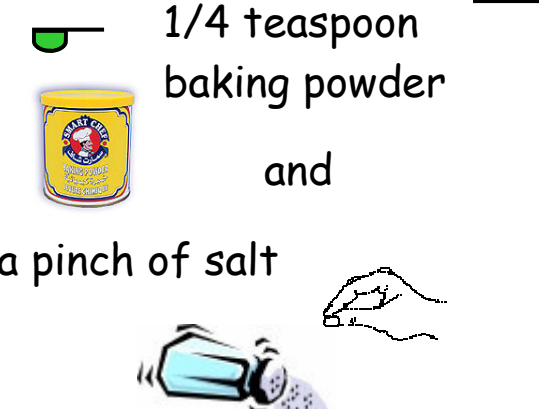
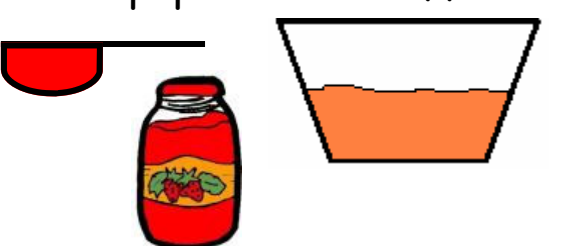
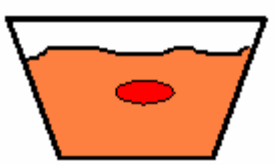
## Time to Eat!

- Distribute and enjoy!
- You may want to copy the recipe in black and white to send home with the kids so they can try it again at home.



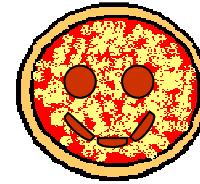
# Surprise Muffin

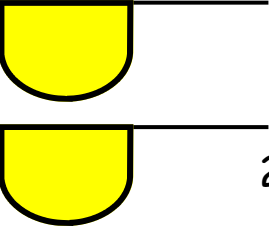










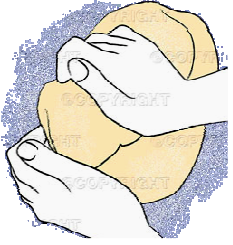


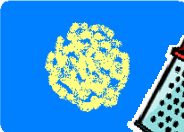

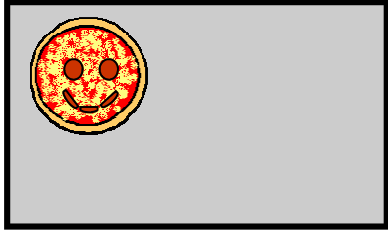


<p>Mix <span style="float: right;">1</span></p> <p>1 Tablespoon cooking oil</p> <p>with 4 teaspoons sugar</p> 	<p>Add <span style="float: right;">2</span></p> <p>2 teaspoons egg</p> <p>and 2 Tablespoons milk</p> <p>Mix well</p> 	<p>Add <span style="float: right;">3</span></p> <p>1/4 cup flour</p> <p>(don't mix yet!)</p> 
<p>Add <span style="float: right;">4</span></p> <p>1/4 teaspoon baking powder</p> <p>and a pinch of salt</p> <p>Mix well</p> 	<p><span style="float: right;">5</span></p> <p>Scoop half of the batter into a paper-lined muffin tin</p> <p>Put 1 teaspoon of jam in the center of the batter</p> 	<p><span style="float: right;">6</span></p> <p>Put the rest of the batter into the muffin tin</p> <p>Bake at 375° for 15-20 minutes.</p> 



# Happy Face Pizza



<p>Mix</p>  <p>2 Tablespoons warm water</p> <p>with</p>  <p>1/4 teaspoon sugar</p> 	<p>1</p> <p>Add</p>  <p>1/4 teaspoon yeast</p>   <p>Let stand for 5 minutes</p>	<p>2</p> <p>3</p> <p>Add</p> <p>1/3 cup flour</p>   <p>a pinch of salt</p>  <p>and</p> <p>a teaspoon cooking oil</p>   <p>Mix well</p>
<p>4</p> <p>Knead dough with your hands for a few minutes. You may need to add more flour or water.</p>  <p>Flatten dough into round pizza shape</p>	<p>5</p> <p>Spread pizza sauce on dough, then sprinkle with grated cheese.</p>    	<p>6</p> <p>Use pepperoni slices to make a face.</p>  <p>Bake on ungreased cookie sheet at 375° for 10-15 minutes.</p>