

Kids Cooking BINGO



Watch a kids cooking show or how-to video on TV or YouTube.

Lead a fruit or veggie taste test for your family. Try a new food or compare 2 or 3 varieties of the same food.

Help **make or bake** a breakfast item, like muffins, biscuits, or pancakes.

Name the 6 parts of plants that we eat + name an edible example of each plant part.
Ex: leaf = lettuce

Help your family prepare a meal by **rinsing or scrubbing** the fruits or veggies.

Whip up a batch of popsicles using local fruit.
Ex: Berry popsicles

Squeeze an orange, lemon, or lime. Use the juice to make salad dressing or a flavored drink.

Build-your-own homemade pizza.
Ideas: use store-bought pizza dough, French bread, or English muffins.

Help **set the table** before a family meal.

Use a kid-safe knife to **cut** up fresh fruits for a fruit salad or fruit kabob.

Measure the ingredients for a recipe.

Illustrate a family recipe, step-by-step.

Free space!

Make a sandwich of your choice.

Read a book about food or cooking AND make a recipe from a book.

Try a fruit or vegetable that you've never had before.

Harvest fruits, veggies, or herbs from the garden.

Learn 5 new **vocabulary** words related to cooking or the kitchen.

Help your family prepare a meal by **peeling** fruits or vegetables.

Share one of your favorite food memories with a friend or family member.

Help **clear the dirty dishes** from the table after a family meal.

Make homemade ice cream in a ziplock bag.

Learn about the cuisine of a different culture or country.

Grate veggies for a salad or slaw, or cheese for tacos or pizza.

Build a sculpture or make artwork out of edible materials.
Ex: Bake a crazy caterpillar

