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 fruit or compare 2 or 3 varieties of the same fruit.

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.

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.

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.

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.

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