**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*