

"HOW TO" GUIDE TO COMMON KITCHEN TOOLS



SAFETY FIRST!

Remember to always cook with an adult or parent! It's more fun that way, too!



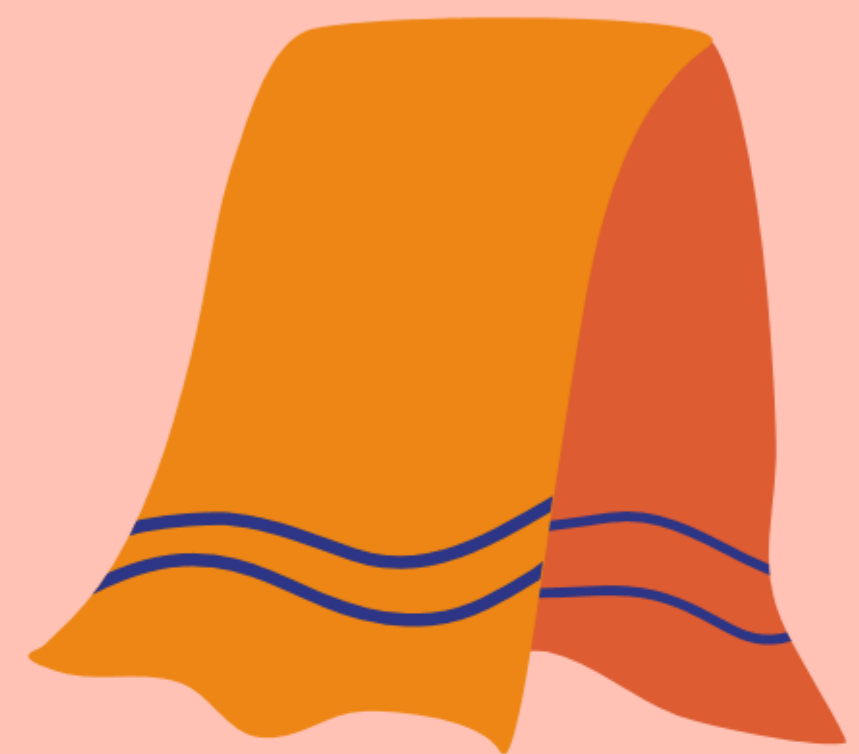
APRON

You can use an apron so your clothes stay clean! They come in lots of colors – so pick your favorite!



OVEN MITTENS AND POT HOLDERS

Make sure to have oven mittens and potholders for holding hot pans. Remember to keep one next to you!



KITCHEN TOWEL

Kitchen towels help clean spills and messes!

"HOW TO" GUIDE TO COMMON KITCHEN TOOLS



BOWLS AND WHISKS

Have a variety of mixing bowls in your kitchen. Bowls can be used to hold or mix ingredients. Whisks are used to mix ingredients in bowls.



KNIVES



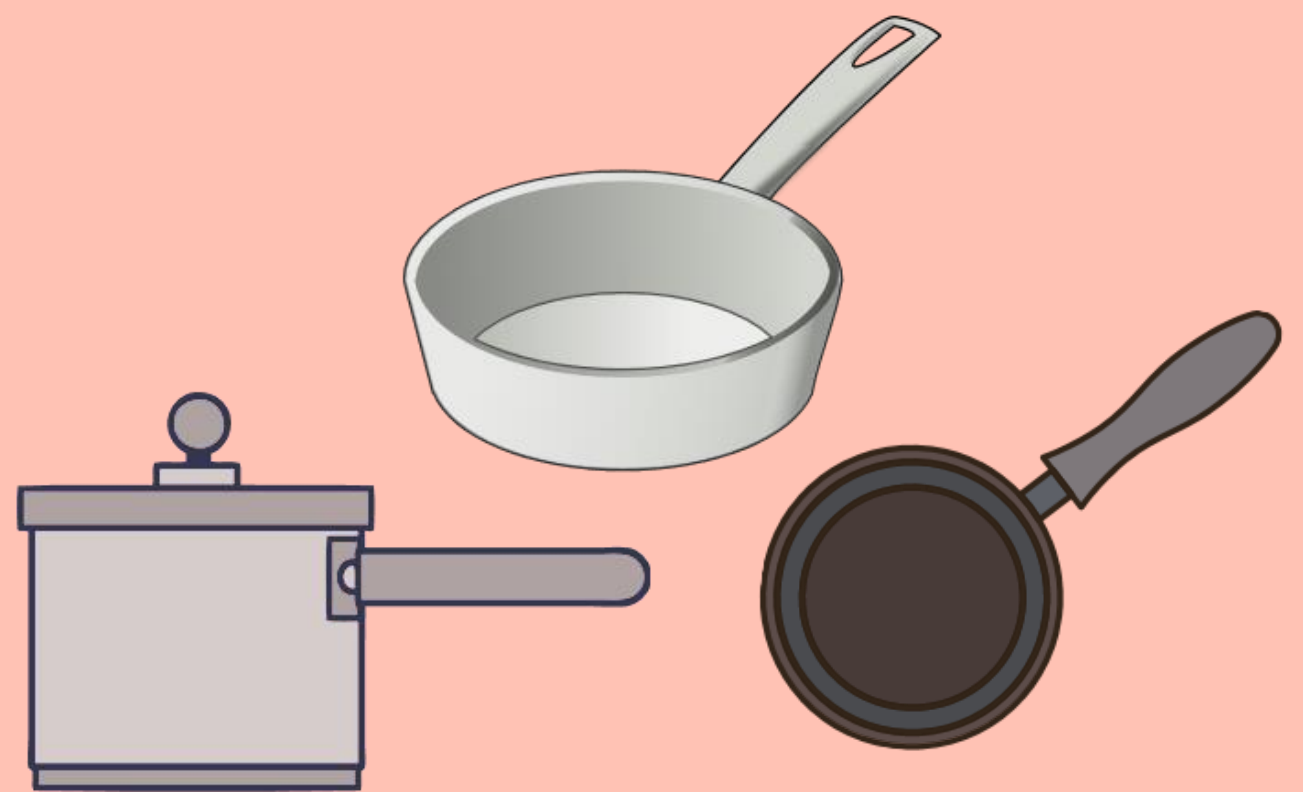
Always use a knife with a parent! Do not cut ingredients without parent supervision.

Knives are used to cut up ingredients like apples, cheese, carrots, onions, and bell peppers.



CUTTING BOARD

When cutting ingredients, use a cutting board so you have a hard surface. Cutting boards can come in many shapes and sizes.



POTS AND PANS

When cooking on the stove, you can use pots or pans to cook food. Some pans are baking pans and used in the oven. Some pots and pans can be used for both the oven and the stove.

"HOW TO" GUIDE TO COMMON KITCHEN TOOLS



SPOONS AND SPATULAS

Spoons and spatulas help mix ingredients together in bowls.

They can also be used to toss ingredients when cooking food in a pot or pan.



MEASURING CUPS AND SPOONS

Measuring cups help measure ingredients for recipes like flour, vegetables, oil, and milk. The lines on the cup tell you how much of the ingredients you are adding to the recipe.

Measuring spoons help measure spices, salt, and dried herbs in tablespoon and teaspoon amounts. Follow the recipe and use measuring cups so you know how much of one ingredient you are adding!



TIMER

Always use a timer to make sure you have properly cooked your food while not burning it.



PLASTIC STORAGE CONTAINERS

Cooking from home means you can save extra food that you cooked to eat next time! Put your food in the container and into the refrigerator to store it safely.

Works Cited:

COOK SMARTS. "Create a Functional Kitchen: The Basics: Essential Kitchen Tools." <https://www.cooksmarts.com/cooking-guides/create-a-functional-kitchen/20-must-have-kitchen-tools/> .
Doster, Nicole. "21 Essential Kitchen Tools Every Cook Should Have." January 23, 2020. <https://www.tasteofhome.com/collection/essential-kitchen-tools/>
Preston, Marguerite, Lesley Stockton, Michael, Sullivan, and Winnie Yang. "The Best Tools for Cooking with Kids." <https://www.nytimes.com/wirecutter/reviews/best-tools-for-cooking-with-kids/>.