



Mom said we could print out a recipe to help make for supper tonight! She's going to take us to the grocery store and we have to make a list of what we will need.



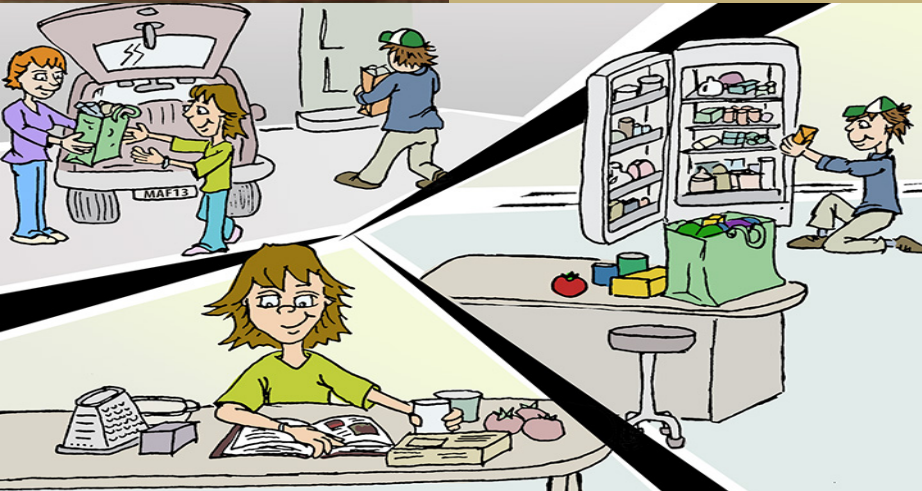
Yay! I'm going to wear my chef hat!



How about this one mom?

Well, it looks fresh and I don't see any bruises or damaged spots so I'd say that one is a good choice.

Tomatoes
Cheese
Lasagna
noodles
zucchini
spices

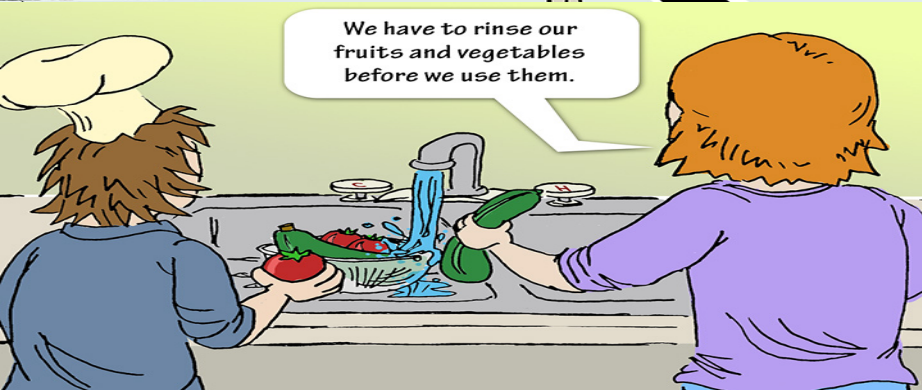


Alright my little chefs, first things first in the kitchen: we must always wash our hands with warm, soapy water before we touch any of the food. One trick to making sure you wash long enough to get them clean is to sing the whole alphabet through before rinsing them.

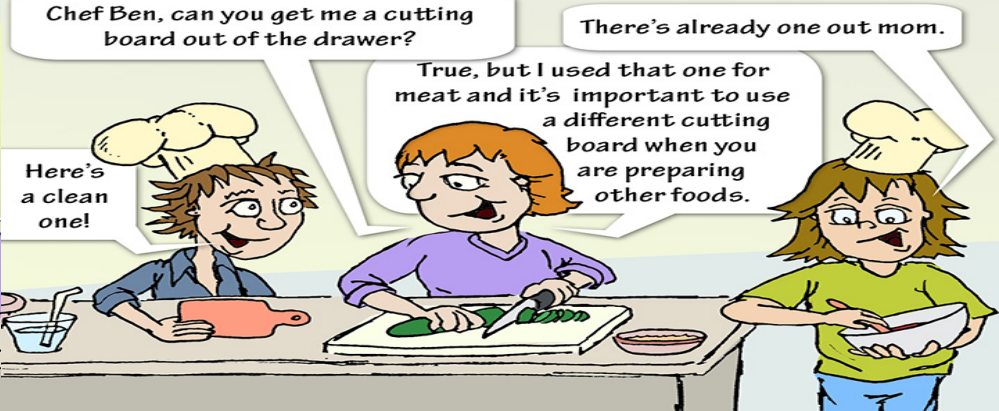


Chef Ben, can you get me a cutting board out of the drawer?

There's already one out mom.



We have to rinse our fruits and vegetables before we use them.



Here's a clean one!

True, but I used that one for meat and it's important to use a different cutting board when you are preparing other foods.

