



HEALTHY KIDS CORNER

How to Read a Recipe

Have you ever tried to make something that came out all wrong? Reading a recipe can help.

Read the recipe well before starting.

Make sure you have all the items you need, and enough time for the recipe.

Look up any terms you don't know.

When an ingredient is optional or if desired, you don't have to use it unless you want to.

If necessary, preheat the oven while you prepare.

Prepare ingredients for the recipe.

If a recipe calls for chopped onion, for example, do the chopping now.

Measure carefully.

It helps to know abbreviations: c. = cup, T. or tbsp. = tablespoon, t. or tsp. = teaspoon.

Follow the steps in order!

If you change your recipe as you cook, make a note. That way you can prepare the dish exactly the same way next time—or not!

At-Home Challenge!

Test your recipe-reading and cooking skills by preparing a recipe of your choice from the recipe cards in this kit!

Our suggestions for summer:

Fruit Parfait

Vegetable Quesadillas

Barley Bean and Corn Salad

FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED

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