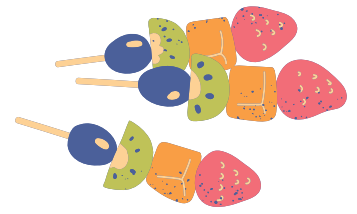
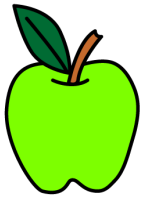


Fruit Kabobs

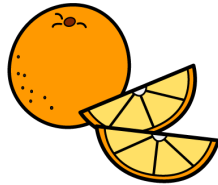


Sharp Safety

- apple
- bunch grapes
- kiwi
- strawberries
- peach
- pear
- melon
- orange
- banana
- optional - yogurt for dip
- optional - marshmallows



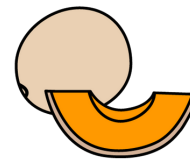
apple



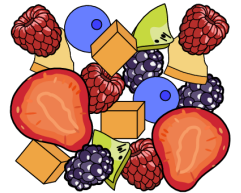
orange



strawberries



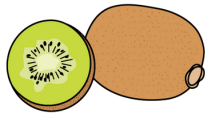
melon



your choice of
other fruit



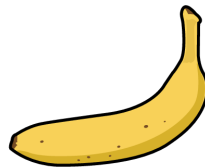
grapes



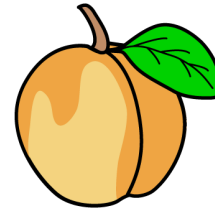
kiwi



pear



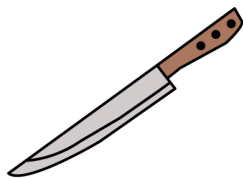
banana



peach



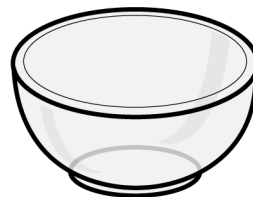
yogurt for dip



chopping knife



cutting board



bowl



skewers (or metal
straw)

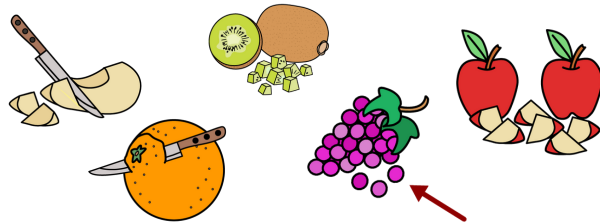
- Gather ingredients



- Wash Hands



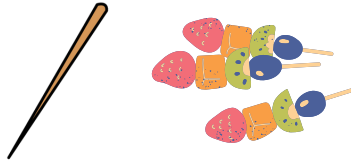
- Using your safe knife skills cut up all the fruit in bite size pieces.



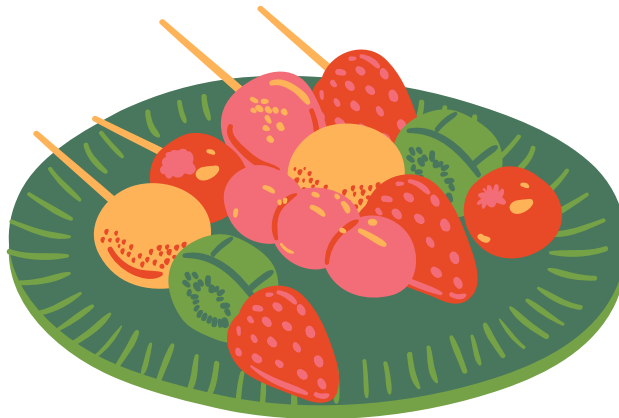
- Put it in the bowl.



- Put the fruit onto the skewers.



- Enjoy





Snickerdoodle Mug Cake



Microwave Safety Skills

1/4 cup + 2 tablespoons all-purpose flour

2 tablespoons sugar

1/4 teaspoon baking powder

1/4 teaspoon cinnamon

1/4 cup milk, at room temperature

2 tablespoons salted butter, melted and cooled

1/2 teaspoon pure vanilla extract

For layering/topping:

- 1 tablespoon sugar
- 1/4 teaspoon cinnamon



1/4 cup plus 2 TBS flour



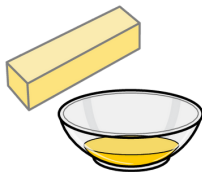
1 TBS Sugar



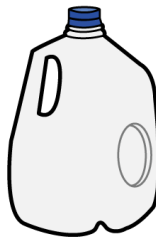
1/4 tsp Baking Powder



1/4 tsp cinnamon



2 TBS butter



1/4 cup milk



1/2 tsp vanilla extract



mug



measuring tools



mini whisk



spoon



microwave

1. Gather ingredients



2. Wash Hands



3. Melt butter, set aside



4. Add flour, sugar, baking powder, cinnamon to a mug and stir together



5. Stir in milk, melted butter, and vanilla extract until smooth



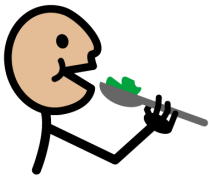
6. Optional: pour cinnamon sugar & batter in alternative layer, top with cinnamon sugar

7. Cook in microwave for 70-90 seconds, don't over cook



8. WAIT for 1 minute before eating

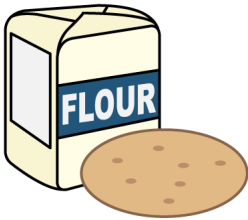
9. Enjoy!



Toaster Oven Quesadillas

heat safety

- tortilla
- shredded cheese
- refried beans
- cooking spray
- salsa
- sour cream



tortilla



shredded cheese



refried beans



salsa



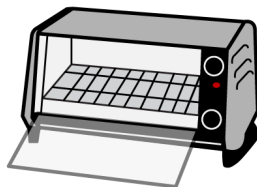
sour cream



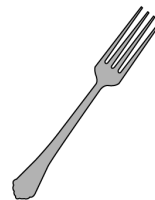
cooking spray



napkin



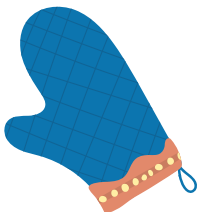
toaster oven



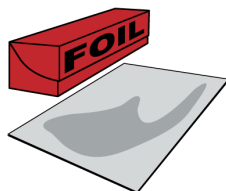
fork



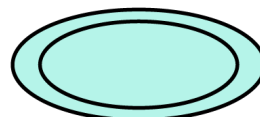
spoons



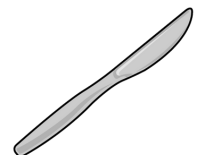
pot holder



foil



plate



knife

- Get out ingredients and supplies



- Read all directions

- Wash your hands



- Adjust the cooking rack to the middle position.

- Set toaster oven to toast on dark

- Lay tortilla flat on sprayed baking pan (optional: cover with foil first)



- Optional: spread refried beans on tortilla



- Sprinkle cheese over tortilla

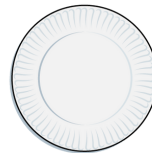
- Top with another tortilla (or fold tortilla in half)

- (Optional spray tortilla with cooking spray)



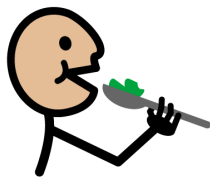
- Place pan in toaster oven, toast until golden brown and cheese is melted

- Remove from toaster oven, put on plate



- Top with sour cream and salsa, if you wish

- enjoy!



Pizza

mixed safety practice

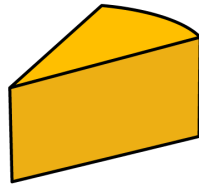
- ready made pizza crust (such as Pillsbury)
- pizza sauce
- your choice of cheese - please grate with the class

Please cut these in class:

- peppers
- onions
- mushrooms
- pepperoni or salami
- other toppings



pizza crust



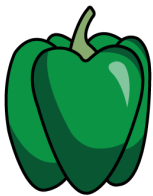
cheese



sauce



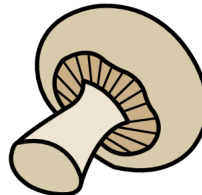
cooking spray



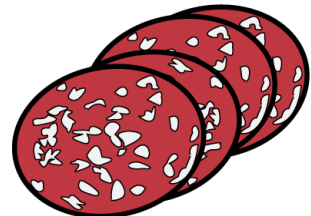
pepper



onion



mushrooms



pepperoni



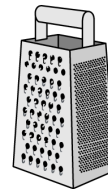
oven



knife



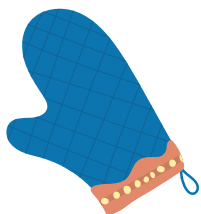
cutting board



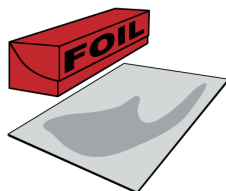
grater



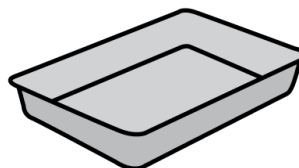
2 bowls



pot holder



foil



pan



spoon

1. Get out ingredients and supplies



2. Read all directions

3. Wash your hands



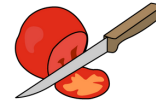
4. Preheat oven according to package directions



• Preheat



5. Using safe cutting skills slice your vegetables and place in bowl



6. Grate your cheese in bowl and set aside



7. Cover pan with foil



8. Open pizza crust and stretch over pan

9. Open sauce and use a spoon to spread on the crust

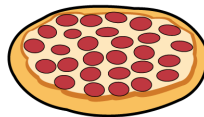


10. Sprinkle cheese over the sauce



11. Add toppings

12. Add more cheese if you wish



13. Follow package directions to bake



14. Let cool for a few minutes

15. Enjoy

