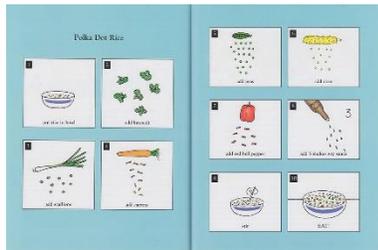


# SALAD PEOPLE

APRIL 18, 2020

Are you looking for something to cook? It's always more fun when YOU choose what's for dinner, right? Searching for new recipes can help keep a cook inspired. Kid's cookbooks make following a recipe easy with step-by-step instructions and pictures. Some great examples aimed for beginning-level cooks are *Pretend Soup* (1994, Tricycle Press), *Honest Pretzels* (1999, Tricycle Press) & *Salad People* (2005, Tricycle Press), written and illustrated by Mollie Katzen. Salad People is aimed at beginner-level chefs in the kitchen. It is a great place to start cooking, even for those who aren't reading yet. Honest Pretzels is aimed at kids aged 8 and older, so they can cook with just a little adult assistance. Are you ready to get cooking?

## ACTIVITY INSTRUCTIONS



Step 1

Start by picking a recipe you are interested in trying. Remember the Project CHEF motto: **Open mind, open mouth!** For more inspiration, we have a number of family cookbook listed on our Resources – Books page. Otherwise, if you don't have access to any kids cookbooks at this time, Project CHEF has a number of recipes to try on our website! (Image above from [molliekatzen.com](http://molliekatzen.com))



Step 2

Write a list of ingredients needed with your parents. Check off what you have at home, and take the list to shop for the ingredients you still need. In the era of social distancing and staying home, substitute some ingredients with what you already have at home (substitutions from the parent are in purple above).



Step 3

When you (and your parents) are ready, gather the ingredients and equipment needed. Then follow the steps in the recipe. Check out our ['Keep Calm and Cook On' Activity](#) for hints and tips on cooking at home. Here we have all the confetti-like colourful veggies for polka dot rice.

Step 4

Enjoy a new favourite meal with your family at the table. **Remember to get the table talk going with a question.** Try asking your parents questions like: What did you like eating as a child? Or, how did you first learn to cook?

