





Let's Have Some Fun With Cooking/Baking!

| Title | Description | Link/Resources | Materials |
|------------------|---|---|---|
| Blind Taste Test | <p>Can you identify certain foods without being able to see them? What happens when all you can use is smell, taste, and touch? Go to battle with one or two of your family members or play it individually and have your parent(s)/guardian(s) put out different items for you to guess.</p> | <p>Be like Remy in Ratatouille and enjoy your food in a new way: Ratatouille Enjoying Food</p>  | <ul style="list-style-type: none"> • Sit at a table and grab a blindfold • Have your parent put a food item onto a plate in front of you • Using your sense of smell, touch, and taste try and guess what the item is • See how many you can guess • If battling someone, see who can guess the most items in a rapid fire round (you can use a timer if it is a battle) |
| Box Challenge | <p>Have some fun creating a food dish using a selected amount of ingredients inside of a box. Get creative and see what you can come up with!</p> | <p>Box Challenge</p>  | <p>Materials:</p> <ul style="list-style-type: none"> • 5- 10 ingredients from refrigerator and/or pantry (TIP 1- They can be things that do not require baking or cooking OR can be ingredients that require heat TIP 2- You can pre-cut the ingredients so children do not have to use a knife) • Cooking utensils- Bowls, spoons, etc. • Box <p>Directions:</p> <ul style="list-style-type: none"> • Adults place 5- 10 ingredients in a box. • Adults then give children instructions. "Today you are going to create 1 dish using all the ingredients in the box. You will be given ___ time to create the dish." (TIP 1- For older children, you can have them create many courses. TIP 2- For younger children you can give them a specific genre such as a desert or sandwich.) • Adults then set a timer for 15 minutes- 1 hour (depending on age of child and ingredients). • Adults assist and supervise children as they cook using the ingredients in the box! • When the timer goes off, children and adults taste their dish! |

| Title | Description | Link/Resources | Materials |
|------------------------------|---|---|--|
| Cupcake Decorating Challenge | Have your very own cupcake war! | Baking Championship Episode  | <p>Materials:</p> <ul style="list-style-type: none"> • Cupcakes for each baker (TIP- For even more fun, bake the cupcakes together before the challenge) • Icing- White with food color options (this can be pre-made or you can be made during the challenge) • Sprinkles • Marshmallows • Chocolate chips • Any other fun cake decorating supplies • Paper • Tape • Toothpicks <p>Directions:</p> <ul style="list-style-type: none"> • Set up cupcake decorating supplies on a table. • Give each child a cupcake. • Instruct each child to decorate their cupcake. (TIP 1- Give your child a “theme” that they have to stick to while decorating. For example, superhero feelings, favorite book, etc.) • Set a 15 minute timer. • Let them decorate their cupcake. • When the timer goes off, judge each cupcake. Take pictures to send to family and friends. • Let them eat the cupcake! |
| Rainbow Food Plate | See how many things you have in your house that create a rainbow plate! |  | <ul style="list-style-type: none"> • Write out all of the colors of the rainbow • With an adult, look in to your pantry and refrigerator to find a food to taste that matches every color of the rainbow (red tomato, orange carrot...) • Rank the food in order from what you enjoyed the most to the least |