



GOAL: Show your kids how they can be hands-on in the kitchen.

LET'S GET PREPPED

ACTIVITY DIFFICULTY: EASY TO MEDIUM



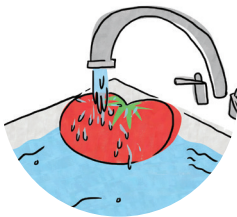
*For more challenging activities,
ask Mom or Dad for help!*

No matter what their age or skill level, your kids can get involved in the kitchen. This is especially true when it comes to getting ingredients ready to cook. Of course, it's up to you as parents when to introduce knives and

heat, but in the meantime, you can help them feel engaged in the process of making a delicious dinner together and empowered to build new skills with the diverse range of activities below, grouped by skill level.

HOW YOUR CAMPER CAN HELP: ACTIVITIES FOR EVERY AGE

Tots in training
can help:



Rinse fruit or vegetables



Tear large pieces of lettuce



Stir

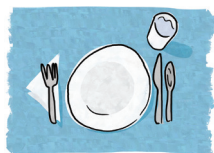
Budding apprentices
can help:



Stretch pizza dough



Crack eggs



Set the table

Confident cooks
can help:



Read and follow recipes



Use zesters, graters and peelers
(supervised)



Help wash dishes



WEEK 2
LET'S GET
PREPPED

When you're
done with this
week's activity,
color me in!



INSTRUCTIONS: These four methods can help you prepare a ton of meals. Watch the videos with your parents, then write down what you learned and place the right sticker next to each how-to!



how to
PEEL GARLIC
cook.ba/garlic

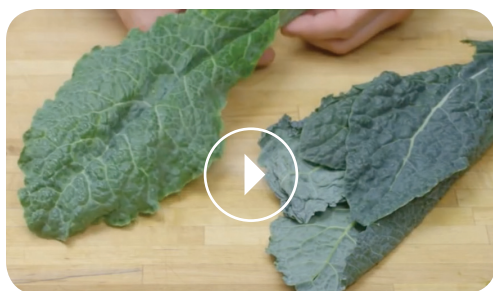


TAKE NOTES HERE

Peeling garlic made my fingers...



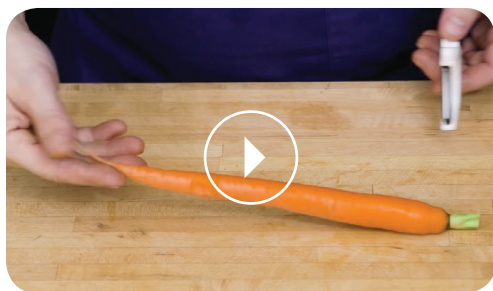
how to
SEPARATE KALE LEAVES
FROM THE STEM
cook.ba/kale



I was surprised that...



how to
PEEL CARROTS
cook.ba/carrots



Peeling the carrot was...



how to
CORE LETTUCE
cook.ba/lettuce



The part I enjoyed the most was...



CAMP CONTEST

Share a photo of your dinner prep at
cook.ba/camp or on Instagram by tagging
[@blueapron](https://www.instagram.com/blueapron) and [#BAcookingcamp](https://www.instagram.com/BAcookingcamp)