



Kids Cook Solo Curriculum Overview

- Foundations:
 - Measuring ingredients
 - Stirring
- How to follow any recipe well
- Oven safety
- Mess-free egg cracking
- Stovetop safety
- Spice exploration
- Cooking rice
- Flipping pancakes
- Cooking eggs
- Rolling dough
- Browning ground meat
- Steaming veggies
- Making a roux and bechemel (white sauce)
- Bonus: presentation and speaking skills

Recipes Used to Teach Skills

- Italian Dressing
- Ranch Dressing or Dip
- Whole Wheat or Gluten-Free Pumpkin Muffins
- Oven Baked Apple Crisp
- Basic White Rice
- Mexican Rice
- Fried Eggs
- Scrambled Eggs
- Whole Wheat, Gluten-Free, or Grain-Free Pancakes
- Homemade Tortillas
- Taco Beef
- Simple Cheese Sauce

The eCourse is very allergy-friendly and provides many substitutions for special diets!

The beauty of this course is that the focus is on the skills, not the recipes. If someone in your family can't or won't eat an ingredient we use in the demonstrated recipe, it's easy to swap it out for another recipe and still practice the same cooking skill.

There is a section in every lesson with ideas for allergies and substitutions of many kinds.