

Kids Cook Real Food eCourse Curriculum Map: All- Kid Lessons

Class 1	Getting Started: The Ultimate Guide to Working in the Kitchen for Kids
Class 2	Cut! It's Knife Safety Time
Class 3	What's That Smell? Spice Exploration
Class 4	Keep It Flat! Measuring Ingredients
Class 5	The Bean-y Science Experiment
Class 6	Flip It! Using a Spatula
Class 7	Clean It! Washing Produce
Class 8	Make It Up! Being Creative in the Kitchen

Kids Cook Real Food eCourse Curriculum Map: Beginner

	Title	Skill	Applications	Skill Revisited	Recipes
Class 1	Spreading and Peeling	spreading with a dull knife; peeling vegetables	spreading butter on bread, PB on celery; peeling carrots and cucumbers	Class 3, 7, 8	<ul style="list-style-type: none"> • Ants on a Log • Buttered Toast • Crudit� Platter
Class 2	Dull Knife Skills, Level 1	slicing soft foods with a dull knife	slicing bananas, melons, cheese	Class 3, 7	<ul style="list-style-type: none"> • Fun Fruit Salad
Class 3	Dull Knife Skills, Level 2	slicing solid foods with a dull knife; cross-hatch dicing	slicing cucumbers, zucchini; dicing cooked potatoes, mushrooms	Class 7	<ul style="list-style-type: none"> • Stir Fry • Potato Hash
Class 4	Measuring Ingredients	measuring dry ingredients: teaspoons and measuring cups	making homemade seasoning mixes	Class 5, 6, 8	<ul style="list-style-type: none"> • Taco Seasoning • Ranch Salad Dressing Mix
Class 5	Soaking Dry Beans	preparing dried beans	rinsing, picking, and soaking dry beans	Class 7	<ul style="list-style-type: none"> • Homemade Refried Beans
Class 6	Pouring Skills	pouring: wet and dry	special practice activities, making gelatin cups	Class 7, 8	<ul style="list-style-type: none"> • Gelatin Gellies • Gelatin Cups
Class 7	Salad Masters	washing and tearing lettuce	making a colorful salad	<i>none</i>	<ul style="list-style-type: none"> • Basic Salad Ideas
Class 8	Working With Dough	rolling balls of bread dough	making rolls	<i>none</i>	<ul style="list-style-type: none"> • Happy Rolls • GF Corn Bread

Kids Cook Real Food eCourse Curriculum Map: Intermediate

	Title	Skill	Applications	Skill Revisited	Recipes
Class 1	Following A Recipe	following a recipe well; wet and dry measurement review	making homemade salad dressing	Class 4, 5, 6, 7	<ul style="list-style-type: none"> • Ranch Salad Dressing or Dip • Italian Salad Dressing
Class 2	Intro to Sharp Knife Skills	slicing soft produce	slicing pineapples, strawberries, mushrooms	<i>none</i>	<ul style="list-style-type: none"> • Fruit Salad
Class 3	Cracking Eggs	cracking eggs with minimal mess	cracking eggs for various dishes	Class 4, 6	<ul style="list-style-type: none"> • Omelet • Scrambled Eggs • Fried Rice
Class 4	Making A Whole Recipe Without Help	mixing simple recipes start to finish with independence	making pumpkin muffins or your favorite kid-friendly recipe	Class 5, 6, 7	<ul style="list-style-type: none"> • GF Pumpkin Muffins • Whole Wheat Pumpkin Muffins
Class 5	Stovetop Safety and Cooking Rice	proper stovetop safety, preparing and cooking rice	preparing basic rice	Class 6, 7, 8	<ul style="list-style-type: none"> • Plain Rice • Mexican Rice
Class 6	Flipping Pancakes	flipping something on the stovetop	making pancakes	Class 7	<ul style="list-style-type: none"> • Wheat Pancakes • GF Pancakes • Grain-Free Pancakes
Class 7	Rolling Dough	rolling out dough	making homemade tortillas	<i>none</i>	<ul style="list-style-type: none"> • Homemade Whole Wheat Tortillas • Homemade GF Crackers
Class 8	Browning Ground Meat	browning ground meat	browning ground beef	<i>none</i>	<ul style="list-style-type: none"> • Taco Beef

Kids Cook Real Food eCourse Curriculum Map: Advanced

	Title	Skill	Applications	Skill Revisited	Recipes
Class 1	Sharp Knife Skills Level 1	cutting straight, hard vegetables	cutting carrots and cucumbers into sticks and wheels; dicing celery	Class 2, 3, 4, 5, 7, 8	<ul style="list-style-type: none"> • Crudité Platter • Simple Chicken Rice Soup
Class 2	Sharp Knife Skills Level 2	slicing and dicing round vegetables	slicing and dicing onions and peppers	Class 3, 4, 5, 7, 8	<ul style="list-style-type: none"> • Pepper and Onion Freezer Prep
Class 3	Sharp Knife Skills Level 3	crushing garlic, stovetop safety review, sautéing vegetables	making a basic stir fry	Class 4, 5, 7, 8	<ul style="list-style-type: none"> • Basic Veggie Stir Fry • Egg Fried Rice
Class 4	Sharp Knife Skills Level 4	cutting whole fruits, oven safety	apples and melons, baking something	<i>none</i>	<ul style="list-style-type: none"> • Pumpkin Muffins • Oven Baked Apple Crisp
Class 5	Cooking Dry Beans	cooking dry beans	making homemade refried beans	Class 7	<ul style="list-style-type: none"> • Homemade Refried Beans
Class 6	Cooking Eggs	scrambling and frying eggs	making eggs for breakfast	<i>none</i>	<ul style="list-style-type: none"> • Best Scrambled Eggs • Best Fried Eggs
Class 7	Using A Small Appliance	using a food processor	shredding cheese, slicing veggies, and mixing a dinnertime recipe	<i>none</i>	<ul style="list-style-type: none"> • Chickpea Wraps • Chicken Rice-A-Roni
Class 8	Making a White Sauce & Steaming Veggies	making a roux and béchamel sauce, steaming veggies	homemade cheese sauce and steamed broccoli	<i>none</i>	<ul style="list-style-type: none"> • Simple Cheese Sauce • Simple GF Cheese Sauce

Kids Cook Real Food eCourse Curriculum Map: Module Integrations

When you have kids in multiple age groups, they often work together to create a meal or snack!

	All-Kid Lesson	Beginner Lesson	Intermediate Lesson	Advanced Lesson	Family Snack & Meals
Class 1	Getting Started	spreading butter on bread, PB on celery; peeling carrots and cucumbers	making ranch dip	cutting carrots and cucumbers into sticks and wheels; dicing celery	<ul style="list-style-type: none"> • Crudit� Platter with Ranch Dip • Ants on a Log
Class 2	Knife Safety	slicing bananas, melons, cheese	slicing pineapples, strawberries, mushrooms	slicing and dicing onions and peppers	<ul style="list-style-type: none"> • Fruit Plate and Cheese
Class 3	Spice Exploration	slicing cucumbers, zucchini; dicing cooked potatoes, mushrooms	cracking eggs for various dishes	making a basic stir fry	<ul style="list-style-type: none"> • Veggie Stir Fry • Egg-Fried Rice • Potato Hash
Class 4	Measuring and Stirring	making homemade seasoning mixes	making pumpkin muffins or your favorite kid-friendly recipe	apples and melons, baking something	<ul style="list-style-type: none"> • Homemade Muffins with Fruit • Apple Crisp
Class 5	Beans	rinsing, picking, and soaking dry beans	preparing basic rice	making homemade refried beans	<ul style="list-style-type: none"> • Refried Beans and Mexican Rice
Class 6	Flipping: Using a Spatula	special practice activities, making gelatin cups	making pancakes	making eggs for breakfast	<ul style="list-style-type: none"> • Pancakes and Eggs (<i>Syrup Poured by Beginners</i>) • Gelatin Snacks
Class 7	Washing Produce	making a colorful salad	making homemade tortillas	shredding cheese, slicing veggies, and mixing a recipe	<ul style="list-style-type: none"> • Chickpea Wraps with Homemade Tortillas • Side Salad
Class 8	Being Creative in the Kitchen	making rolls	browning ground beef	homemade cheese sauce and steamed broccoli	<ul style="list-style-type: none"> • Leftover Bowl (<i>Meat, Veggies, Rice + Cheese Sauce</i>) with Rolls