



Cooking Classes and Programs for Kids

AMERICAN APPLE CRISP

Age Range: 5-8

Prep Time: 30 min

Cook Time: 25 min

Total Time: 55 min

ADULTS: Kids in this age range must be accompanied by an adult at all times while cooking in the kitchen. However, let them do as much as possible on their own, as this should be a hands-on experience. Kids learn by doing; they will not gain anything if you try to do things for them. Pick a time that you and your child are relaxed and can take the time to make a mess and have fun. Remember, a perfect end result is not the objective. The objective is for you and your child to have a positive, fun cooking experience that you will want to experience again and again.

Before You Begin:

1. Read this recipe from start to finish making sure you understand it
2. Check to see what ingredients you already have at home
3. Make your shopping list with the template included with this recipe and ask an adult to take you to the store. Be sure to go along!
4. Ask your parents or an adult for permission to work in the kitchen
5. Pull long hair back
6. Put on an apron or clothes that you can get dirty
7. Wash your hands with soap and warm water
8. Clear a space to work: a table or counter
9. Get out all the utensils and ingredients that you will need
10. Use separate cutting boards for fruits/veggies and meat
11. Rinse any fruits and veggies with cold water
12. Place a paper bag or plastic garbage bag near your workspace so you can clean as you go

Ingredients:

6 Granny Smith apples
2 cups of oats (rolled or instant)
1 cup of all purpose flour
2 sticks of butter, softened
1 teaspoon of cinnamon
1 cup of packed brown sugar

Utensils Needed:

✓ A large mixing bowl
✓ Measuring spoons
✓ Measuring cups
✓ Vegetable peeler
✓ Apple Corer/slicer
✓ 13x9 inch baking pan
✓ Oven Mitts
✓ Cooking spray
✓ Pizza cutter to slice the apples
✓ A cutting board or mat

Challenge: How many $\frac{1}{2}$ cups make 1 cup? Answer: ____

Now try to measure the oats, flour and brown sugar using a $\frac{1}{2}$ cup measuring up. How many $\frac{1}{2}$ cups will you need of each?

Directions:

- 1) **ADULT:** Preheat the oven to 400°
- 2) **KIDS:** Spray a large baking pan (the one with tall sides) with cooking spray
- 3) **ADULT:** Peel the tops of the apples and get them started
- 4) **ADULT:** Have an adult slice and core the apples
- 5) **KIDS:** Use the veggie peeler to peel the skin off of the apple slices.



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- 6) **KIDS:** Use the pizza cutter to slice the apples into small pieces. Be sure to keep your fingers away from the blade
- 7) **KIDS:** Place the apple slices in the baking pan
- 8) **ADULT:** Demonstrate how to level dry ingredients to the height of the measuring cup or spoon by using a dull knife or a finger to scrape off the excess
- 9) **KIDS:** In a large mixing bowl, measure the oats, flour, cinnamon, brown sugar and stir
- 10) **KIDS:** Cut the butter in to small cubes and toss into the bowl. Or just throw it in if it's too soft to cut
- 11) **KIDS:** Mix the butter together with the dry ingredients with your hands or a fork until it is crumbly
- 12) **KIDS:** Sprinkle the mixture over the apples
- 13) **ADULT:** Put the pan in the oven and bake for 25 minutes or until the topping is golden brown

You're Not Done Yet.... Great cooks always clean up after themselves!

- 1) Work with an adult to put all the ingredients you used back into the cabinets, fridge, etc.
- 2) Have an adult turn off the oven if needed
- 3) Put all the dirty dishes and utensils you used into the sink and/or the dishwasher
- 4) Wipe down your workspace with a sponge or damp paper towel
- 5) It's ok to take a break and enjoy what you made, but don't forget to help an adult wash the dirty dishes!

Makes 12 servings



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Kids Cooking Club – Shopping List		
Fresh Fruits & Veggies	Meat	Dairy (eggs, milk)
Ethnic Foods (Asian/Mexican)	Baking Items	Soups
Bread	Rice & Pasta	Canned Veggies
Condiments (mustard, ketchup)	Cheese	Frozen Food
Cereal/Breakfast Items	Snack Foods	Canned Fruits/Juices
Other:		

MY CULINARY PORTFOLIO



Recipe Name: _____

Date Prepared: _____

Rate this recipe (5 is the highest): 1 2 3 4 5

Who did you make this for? Myself My family My friends

Who did you make this with? By myself with my family with my friends

What would you change? _____

Notes: _____
