

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watch Cooking with Children, answer the following questions.

1. What is the number one safety concern when cooking with children?

2. What kind of knife is safest for young children to use when in the kitchen?

3. What is the best way to use heat?

4. What are the benefits of families eating together?

5. T or F: A mess can mean success.

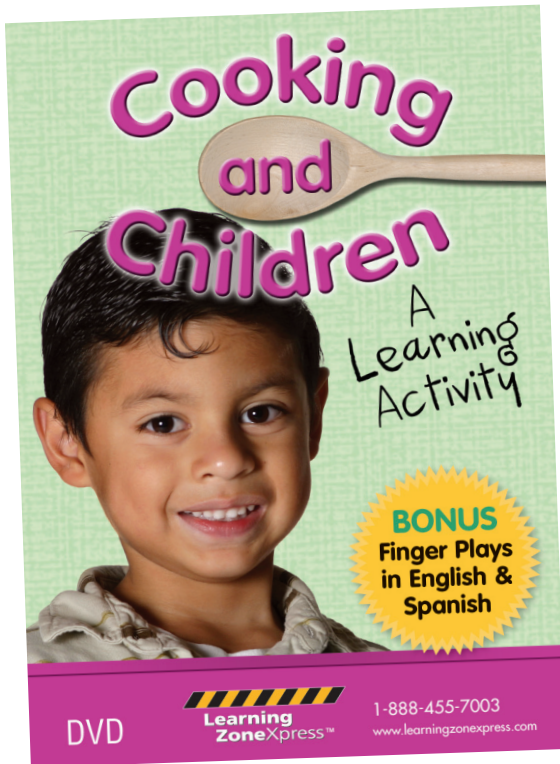
6. How can you prepare for a mess?

7. How can children help clean up?

8. What are the advantages of having foods prepped in advance?

9. What skills do preschoolers develop when cooking?

10. What are the 5 skills preschoolers can develop in the kitchen?



ANSWER KEY

Review:

After watch Cooking with Children, answer the following questions.

1. What is the number one safety concern when cooking with children?

Clean hands/washing hands

2. What kind of knife is safest for young children to use when in the kitchen?

Butter knife or plastic knife

3. What is the best way to use heat?

Avoid it altogether by making “no cook” recipes or use only the back burners on the stove and turn the handles to the back. You can also use a microwave.

4. What are the benefits of families eating together?

Children tend to be healthier and make healthier life choices.

5. **T** or F: A mess can mean success.

6. How can you prepare for a mess?

Have extra ingredients on hand.

7. How can children help clean up?

Wash dishes, put items away, throw away garbage, wipe up spills with a paper towel

8. What are the advantages of having foods prepped in advance?

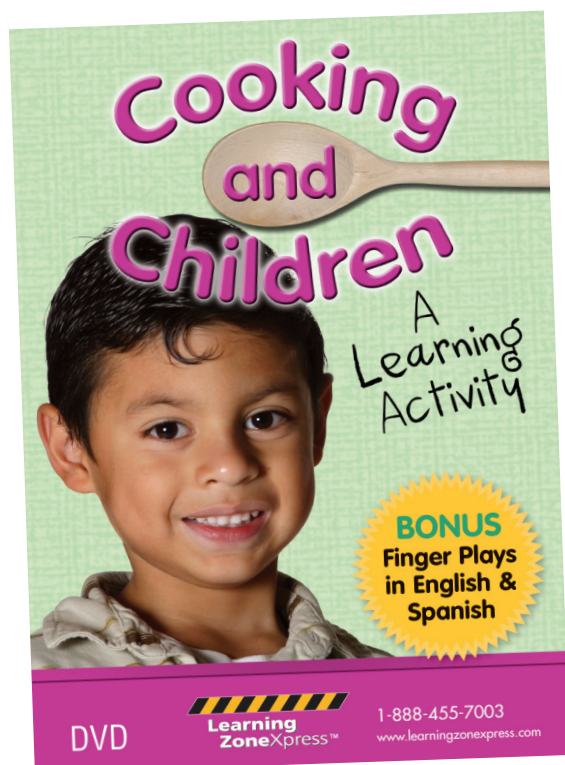
It's safer (no sharp knives around and the adult's attention can be on the kids) and it saves time

9. What skills do preschoolers develop when cooking?

Fine motor skills

10. What are the 5 skills preschoolers can develop in the kitchen?

Counting & Measuring, Pouring, Stirring, Slicing, Setting the Table



Finger Play Lyrics

THE ITSY BITSY SPIDER

The itsy-bitsy spider climbed up the water spout
 Down came the rain and washed the spider out
 Out came the sun and dried up all the rain
 And the itsy-bitsy spider climbed up the spout
 again

THE ITSY BITSY SPIDER (IN SPANISH)

La araña pequeñita subió, subió, subió,
 Vino la lluvia y se la llevó.
 Salió el sol y todo lo secó.
 Y la araña pequeñita subió, subió, subió.

TWINKLE, TWINKLE LITTLE STAR

Twinkle, twinkle, little star,
 How I wonder what you are!
 Up above the world so high,
 Like a diamond in the sky!
 Twinkle, twinkle, little star,
 How I wonder what you are!

TWINKLE, TWINKLE LITTLE STAR (IN SPANISH)

Estrellita, ¿dónde estás?
 Me pregunto qué serás.
 En el cielo y en el mar,
 Un diamante de verdad.
 Estrellita, ¿dónde estás?
 Me pregunto qué serás.

HEAD, SHOULDER, KNEES, AND TOES

Head, shoulders, knees and toes, knees and toes
 Head, shoulders, knees and toes, knees and toes
 And eyes and ears and mouth and nose
 Head, shoulders, knees and toes, knees and toes
 (Repeat, getting faster each time)

HEAD, SHOULDER, KNEES, AND TOES (IN SPANISH)

Cabeza, hombros, rodillas y pies
 Rodillas y pies
 Rodillas y piez
 Cabeza, hombros, rodillas y pies
 Ojos, orejas, boca y nariz

JOHNNY HAMMERS

Johnny hammers with one hammer,
One hammer, one hammer,
Johnny hammers with one hammer,
All day long. (Hammer one fist lightly on leg)

Johnny hammers with two hammers,
Two hammers, two hammers,
Johnny hammers with two hammers
All day long. (Hammer both fists on legs)

Johnny hammers with three hammers,
Three hammers, three hammers,
Johnny hammers with three hammers,
All day long. (Hammer both fists on legs and
one foot on the floor)

Johnny hammers with four hammers,
Four hammers, four hammers,
Johnny hammers with four hammers,
All day long. (Hammer both fists on legs and
both feet on the floor)

Johnny hammers with five hammers,
Five hammers, five hammers,
Johnny hammers with five hammers
All day long. (Hammer both fists on legs, both
feet on floor, and nod head down and up)

Johnny is very tired now,
Tired now, tired now
Johnny is very tired now
All day long. (Rest head on joined palms,
pretending to go to sleep)

FIVE LITTLE MONKEYS SWINGING IN THE TREE

Five little monkeys swinging in the tree
Teasing Mr. Alligator "You can't catch me!"
Along comes Mr. Alligator as hungry as can be
And he snaps one of the monkeys out of the tree

Four little monkeys swinging in the tree
Teasing Mr. Alligator "You can't catch me!"
Along comes Mr. Alligator as hungry as can be
And he snaps one of the monkeys out of the tree

Three little monkeys swinging in the tree
Teasing Mr. Alligator "You can't catch me!"
Along comes Mr. Alligator as hungry as can be
And he snaps one of the monkeys out of the tree

Two little monkeys swinging in the tree
Teasing Mr. Alligator "You can't catch me!"
Along comes Mr. Alligator as hungry as can be
And he snaps one of the monkeys out of the tree

One little monkeys swinging in the tree
Teasing Mr. Alligator "You can't catch me!"
Along comes Mr. Alligator as hungry as can be
And he snaps one of the monkeys out of the tree
No more monkeys swinging in the tree!

FIVE LITTLE MONKEYS JUMPING ON THE BED

Five little monkeys jumping on the bed
One fell off and bumped his head
Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

Four little monkeys jumping on the bed
One fell off and bumped his head
Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

Three little monkeys jumping on the bed
One fell off and bumped his head
Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

Two little monkeys jumping on the bed
One fell off and bumped his head
Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

One little monkey jumping on the bed
He fell off and bumped his head
Momma called the doctor and the doctor said
No more monkeys jumping on the bed!