Mom said we could pick out a recipe to help make for supper tonight! She's going to take us to the grocery store and we have to make a list of what we will need.

Yay! I'm going to wear my chef hat!

How about this one mom?

Well, it looks fresh and I don't see any bruises or damaged spots so I'd say that one is a good choice.

Alright my little chefs, first things first in the kitchen: we must always wash our hands with warm, soapy water before we touch any of the food. One trick to making sure you wash long enough to get them clean is to sing the whole alphabet through before rinsing them.

We have to rinse our fruits and vegetables before we use them.

Chef Ben, can you get me a cutting board out of the drawer?

There's already one out mom.

True, but I used that one for meat and it's important to use a different cutting board when you are preparing other foods.

Here's a clean one!
How much longer until that meat is ready for us to put on the lasagna?

Well chefs, meat should be cooked to the right temperature so that it is safe to eat. We have to be patient and make sure it’s done just right.

While we are waiting, this is the perfect time to clean up the kitchen. We need to get the dishes in the sink washed and the counters nice and clean. Good chefs keep their kitchens clean!

Mmmm chefs, this smells delicious! Who is ready to eat?

ME!

The End