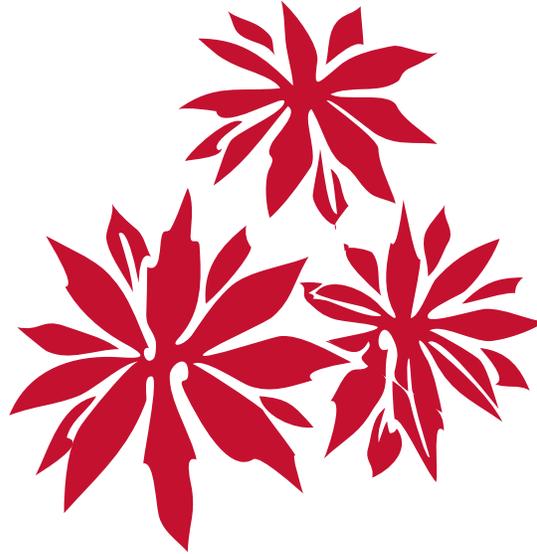


No-Bake Recipe Fun

Think about all the things in your kitchen that can get hot: the oven, the stove, the toaster, the coffeemaker, and food inside the microwave oven. If you touch these things when they are hot, you can get burned! That's why kids should cook only with permission from an adult...and an adult should be nearby in case anything happens.

Here are some recipes that require no baking...



Poinsettia Pinwheels

YOU WILL NEED:

Four slices of whole wheat bread, favorite filling (see below), a rolling pin, a butter knife

1. Cut crust off bread if you like
2. Roll bread flat with rolling pin
3. Spread with filling
4. Roll like a jelly roll
5. Cut into four pieces

Sample fillings: peanut butter and jam, cream cheese and jam, cheese and a slice of low-fat ham, peanut butter and mashed banana, margarine and cinnamon sugar.

Candle Salad

Place a lettuce leaf on a plate. Place a pineapple ring on lettuce. Place a banana upright in pineapple. Drizzle marshmallow "fluff" on top to look like melted wax and put a cherry on top for a flame.

Open Face, Grinch Face Sandwiches

YOU WILL NEED:

A bread knife, a spoon, 1-2 tablespoons of peanut butter, 1 slice of whole grain bread, any of these: apple butter, applesauce, bananas, raisins, nuts, coconut

Spread peanut butter on bread. If you want, you can cover with apple butter or applesauce. Use bananas, nuts, raisins, coconut or whatever to make faces. Serves one.

Snow Mountain Parfait

Put some chocolate syrup on bottom of cup. Put some peanuts on top of syrup. Put one scoop of vanilla ice cream on top of peanuts. More chocolate syrup. More peanuts. More ice cream. More chocolate syrup. More peanuts. Then put a red cherry on top.

Trouble in the Kitchen

Read the following stories. Write a summary of each, including what the proper response to the emergency should have been, and what should have been done to prevent the incident.

Incident 1

When 12-year-old Samuel and his little sister Kris got home from school, Samuel realized no one else was home. Because he was hungry, he decided to heat up some soup. He placed the pot of soup on the stove, turned the burner on, and then headed for his room to watch television. About 15 minutes later, Kris, who was six, walked into the kitchen, looking for something to eat. She smelled something good coming from the stove, so she reached up, grabbed the pot handle and pulled the pot toward her. The boiling hot soup poured all down the front of Kris. Samuel heard her scream from his bedroom. He ran into the room, grabbed Kris, and ran her down the street to his best friend's house for help.

Incident 2

Carole and John, hungry from a tough soccer game, decided to make some french fries for a quick snack. John filled the frying pan with oil and turned on the burner. The oil heated up quickly, and Carole added the fries. While the fries were cooking, Carole and John went to their rooms to change into clean clothes. John phoned his friend to discuss the game, and Carole tried to remove the stain from her jersey. About 25 minutes later the kids heard the smoke alarm. They ran into the kitchen and realized that they had started a grease fire. They ran through the house trying to open the windows. When the smoke got too thick, they finally went outside. Luckily, a neighbor saw smoke coming from their house and called the fire department.

Incident 1

Incident 2

2. Carole and John should have immediately left the house when they heard the smoke alarm, closing the doors behind them. Never leave food cooking unattended; an adult should always be nearby.

1. Samuel should have cooled the burn with cool water and called 911 for help. To prevent this Samuel should have watched the soup cook and turned the pot handles in away from the edge of the stove.