

MATH IN THE KITCHEN ACTIVITY PACK

AGES 4+ **COOKING & COUNTING ACTIVITIES**

Work on counting and gain understanding of simple subtraction while coloring beautiful pictures.

AGES 8+ **COOKING MEASUREMENTS & MULTIPLICATION ACTIVITIES**

Use recipes and color measuring cups to practice multiplication and fractions.

AGES 11+ **COOKING MEASUREMENT & CONVERSION ACTIVITIES**

Use math to convert measurements and plan balanced meals.

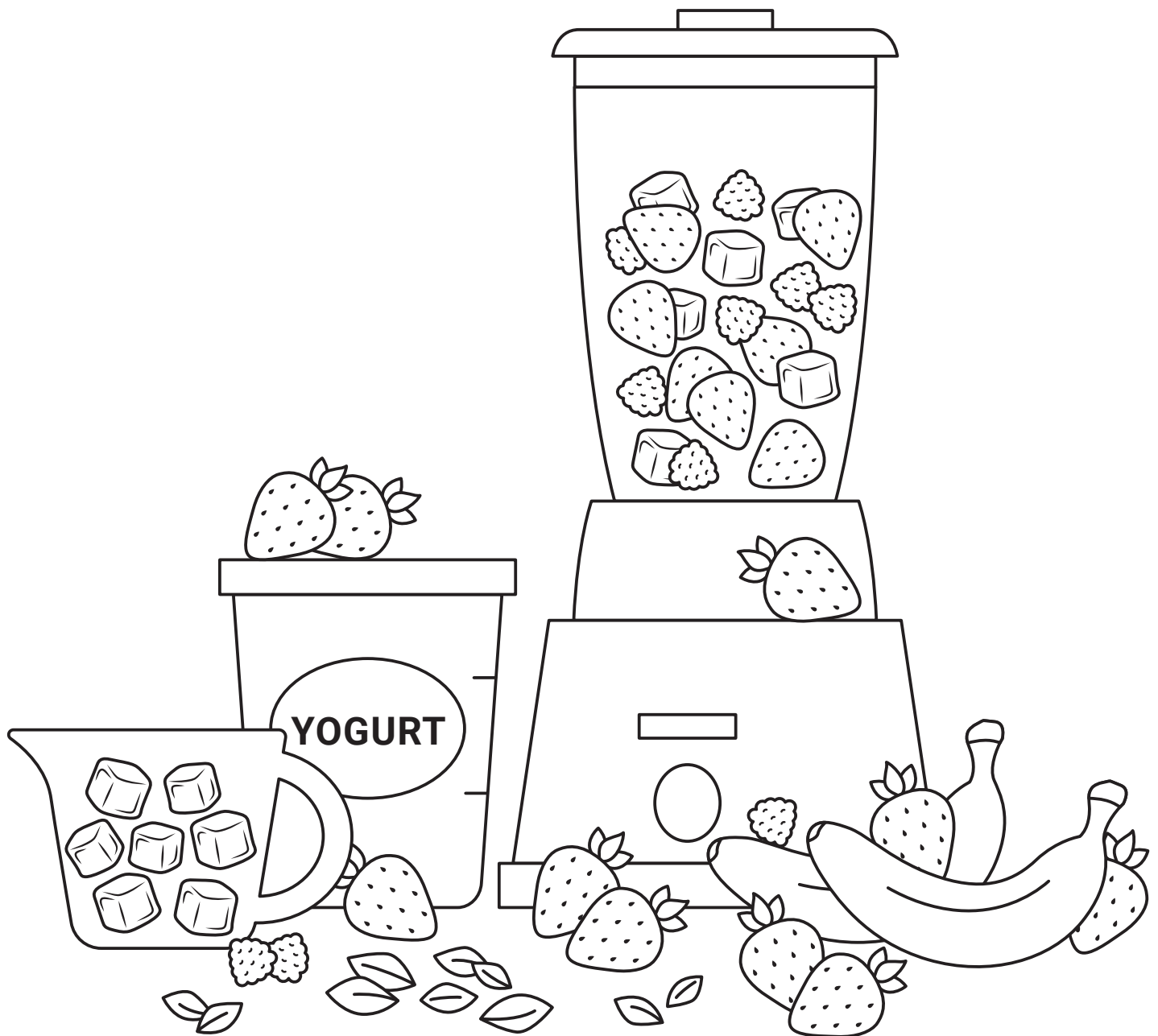
BLEND UP A BERRY SMOOTHIE!

RECOMMENDED AGE: **4+**

Make a delicious berry smoothie by using the recipe
to color the right number of ingredients!

1 banana
12 strawberries
8 blackberries

8 mint leaves
1 cup yogurt
10 ice cubes

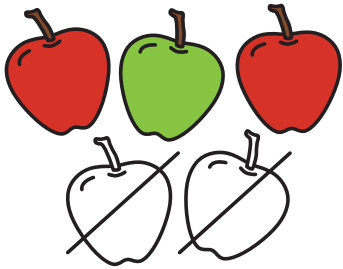


COUNT, SUBTRACT, AND COLOR

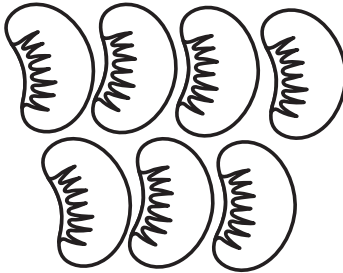
RECOMMENDED AGE: 4+

Count the pieces of each food, then cross out the number of pieces you need to subtract. How many do you have left?
(Color the food that hasn't been crossed out!)

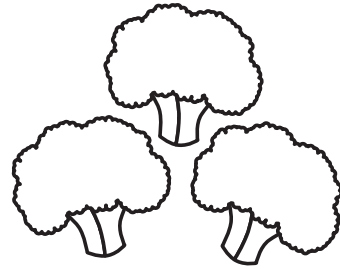
Example:



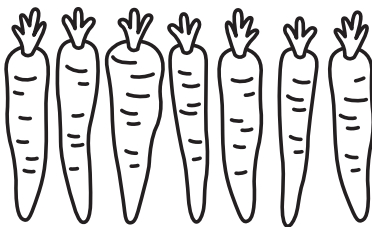
$$5 - 2 = \underline{3}$$



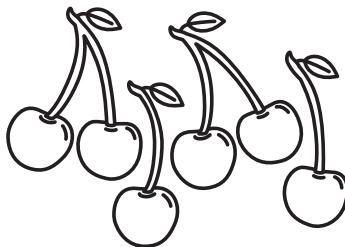
$$7 - 3 = \underline{\quad}$$



$$3 - 1 = \underline{\quad}$$



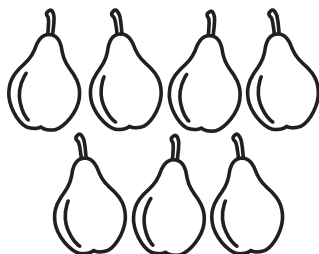
$$7 - 5 = \underline{\quad}$$



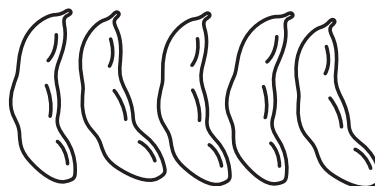
$$6 - 2 = \underline{\quad}$$



$$4 - 3 = \underline{\quad}$$

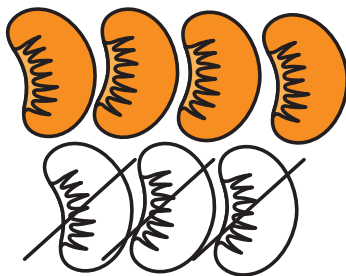


$$7 - 4 = \underline{\quad}$$



$$5 - 1 = \underline{\quad}$$

ANSWER KEY:
COUNT, SUBTRACT, AND COLOR



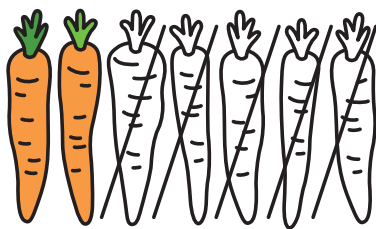
tangerine slices

$$5 - 2 = \underline{3}$$



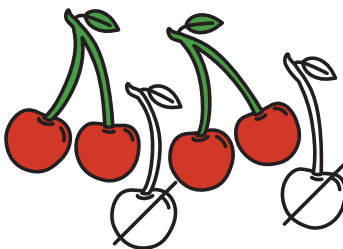
broccoli

$$3 - 1 = \underline{2}$$



carrots

$$7 - 5 = \underline{2}$$



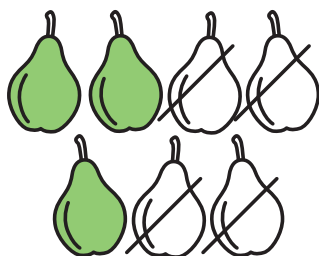
cherries

$$6 - 2 = \underline{4}$$



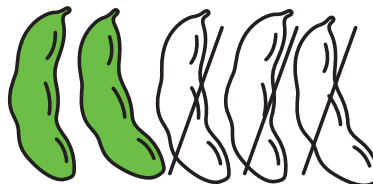
heads of lettuce

$$4 - 3 = \underline{1}$$



pears

$$7 - 4 = \underline{3}$$



edamame pods

$$5 - 3 = \underline{2}$$

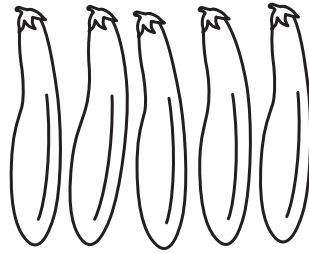
MAKE A DELICIOUS SAUCE!

RECOMMENDED AGE: 8+

Make a delicious Eggplant and Red Pepper Pesto sauce by coloring only the amount of each ingredient that you need.



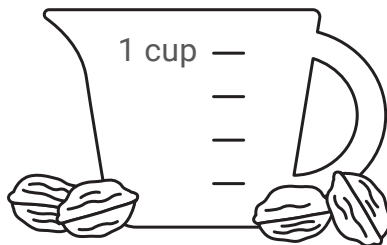
2 red bell peppers



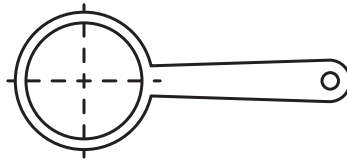
2 Chinese eggplants



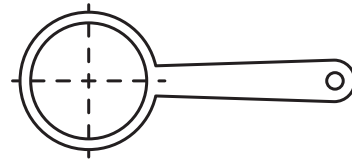
2 garlic cloves



$\frac{1}{4}$ cup walnuts



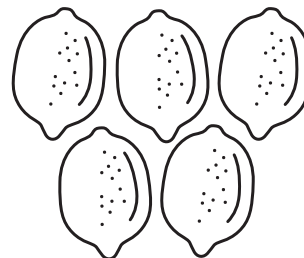
$\frac{3}{4}$ tsp salt



$\frac{1}{4}$ tsp black pepper



4 sprigs parsley

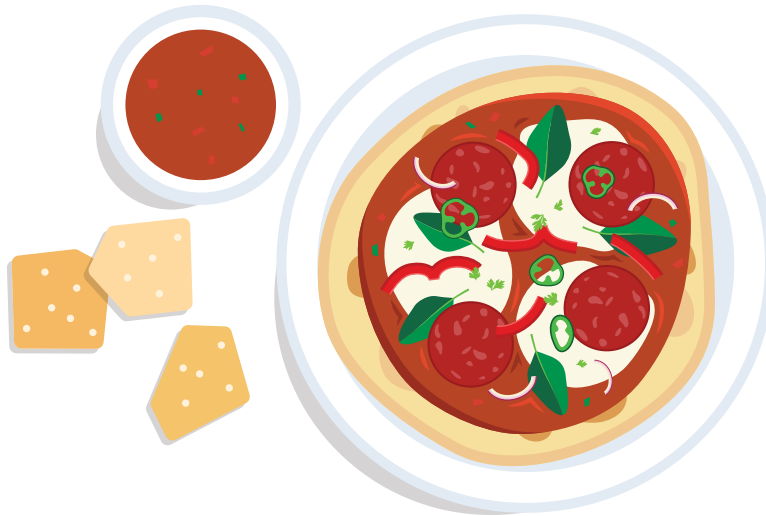


1 lemon

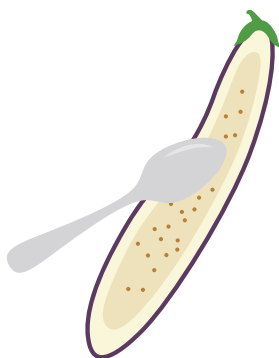
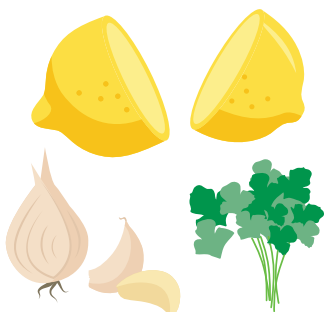
EGGPLANT AND RED PEPPER PESTO RECIPE

RECOMMENDED AGE: **8+**

Pesto is great on pizza, sandwiches, or as a dip for chips, crackers, or veggies! Try making our Eggplant and Red Pepper Pesto with an adult by following this recipe. Read the entire recipe before you start cooking!



1. Have an adult preheat the broiler.
2. Using a steak knife and with adult supervision, remove the stem from the red peppers by circling the knife around the stem and taking out the stem, core, and seeds.
3. Pierce the eggplant all over with a fork.
4. Pour some cooking oil into a small bowl. Then brush the peppers and eggplant lightly with the oil.
5. Place veggies on a sheet pan and have an adult put the sheet pan into the oven, on the top rack. The skin on the veggies will blister and turn somewhat black. Keep an eye on them! Have an adult flip the veggies so that each side is evenly blackened, about 6 minutes each side.



6. While you are waiting for the veggies to cool, get out the remaining ingredients! Peel the garlic cloves, pick the parsley, and, using a steak knife, slice the lemon in half.
7. Once red pepper is charred and eggplant is softened, place in a big bowl and cover with a plate for about 5 minutes. This will allow the veggie skins to steam off, making it easier to peel.
8. When cool enough to touch, scrape the insides of the eggplant into a bowl. Peel the skin off the red pepper with your hands or scrape it off with a spoon.
9. Add the veggies, garlic, walnuts, salt, pepper, and parsley into a food processor and pulse until everything is well blended.
10. Squeeze a bit of lemon juice into the food processor and blend again.
11. Ask an adult to remove the blade from the food processor and scoop the pesto out into a bowl.
12. Now let's have a taste! If the pesto needs more lemon juice, salt, or pepper, mix more in to your liking.
13. Enjoy as a dip or use as a spread for pizza and sandwiches!

DOUBLE A RECIPE

RECOMMENDED AGE: **8+**

Make this Vietnamese Noodle Bowl recipe feed twice as many people by multiplying every ingredient by 2.

VIETNAMESE MARINATED CHICKEN:

Chicken breasts	1 lb × <u>2</u> = <u>2</u> lbs
Honey	3 Tbsp × _____ = _____ Tbsp
Soy sauce	3 Tbsp × _____ = _____ Tbsp
Oil	1 Tbsp × _____ = _____ Tbsp

VIETNAMESE DRESSING:

Ginger	1 inch × _____ = _____ inches
Brown sugar	2 Tbsp × _____ = _____ Tbsp
Rice vinegar	2 Tbsp × _____ = _____ Tbsp
Fish sauce	4 Tbsp × _____ = _____ Tbsp
Limes, juiced	2 limes × _____ = _____ limes
Water	2 Tbsp × _____ = _____ Tbsp

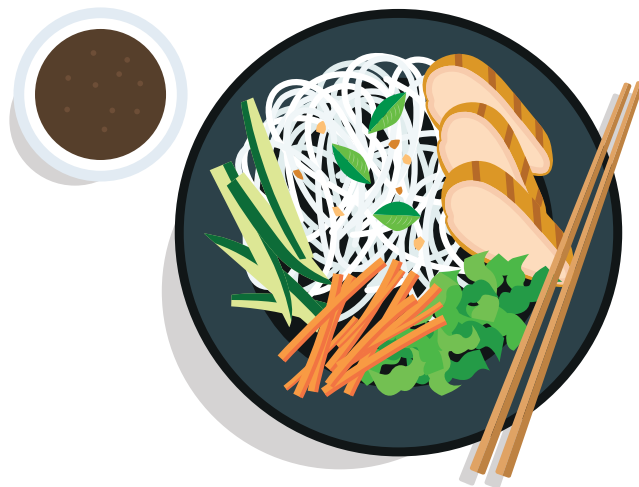
VIETNAMESE CHICKEN NOODLE BOWLS:

Rice noodles	3 ounces × _____ = _____ ounces
Carrots	5 ounces × _____ = _____ ounces
Cucumbers	8 ounces × _____ = _____ ounces
Lettuce	1 head × _____ = _____ heads
Mint	8 leaves × _____ = _____ leaves
Roasted peanuts	½ cup × _____ = _____ cup

VIETNAMESE NOODLE BOWL RECIPE

RECOMMENDED AGE: **8+**

These Vietnamese Noodle Bowls take about 35 minutes to make, so try making it with an adult for a new and exciting dinner! (The original recipe feeds 4 people and your doubled amounts will feed 8 people.) Read the entire recipe before starting to cook.

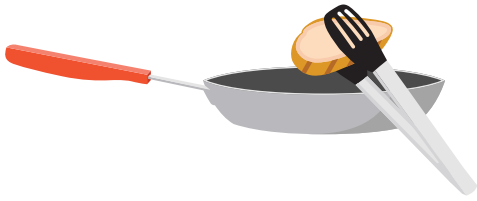


PREP:



1. Using a steak knife, cut the chicken into thin slices and place into a bowl.
2. Mix together the honey and soy sauce. Then pour over the sliced chicken. Cover the bowl with plastic wrap and marinate for at least 20 minutes and up to a day. (If not cooking right away, put the chicken in the fridge.)
3. Meanwhile, make the dressing! Grate the ginger, then mix it with sugar, vinegar, fish sauce, lime juice, and water. Set aside.
4. Cook the rice noodles according to package instructions. If not using right away, rinse noodles under cool water and drain.
5. Use a grater to grate the carrots, and slice the cucumbers into strips with a steak knife. Chop the lettuce and mint.

MAKE:



1. With an adult supervising, heat a wok or saute pan over medium-high heat. Once the pan is hot, add oil. Use tongs to transfer chicken to hot pan, leaving the rest of the marinade in the bowl. Be careful – the liquid from the chicken may cause the oil to splatter!

2. Cook the chicken until it is almost cooked through, about 4 to 5 minutes. Add the remaining marinade and cook until marinade reduces and coats chicken, about 2 minutes.



3. Re-whisk the dressing to make all the ingredients come together. Taste and add a pinch of salt, sugar, or some lime juice, if you like!

4. Assemble the salads by combining lettuce, noodles, cucumbers, carrots, and chicken in serving bowls. Top with mint and peanuts. Pour dressing over salad just before serving and toss well. Enjoy!

ANSWER KEY:
DOUBLE A RECIPE

VIETNAMESE MARINATED CHICKEN:

Chicken breasts	$1 \text{ lb} \times \underline{2} = \underline{2} \text{ lbs}$
Honey	$3 \text{ Tbsp} \times \underline{2} = \underline{6} \text{ Tbsp}$
Soy sauce	$3 \text{ Tbsp} \times \underline{2} = \underline{6} \text{ Tbsp}$
Oil	$1 \text{ Tbsp} \times \underline{2} = \underline{2} \text{ Tbsp}$

VIETNAMESE DRESSING:

Ginger	$1 \text{ inch} \times \underline{2} = \underline{2} \text{ inches}$
Brown sugar	$2 \text{ Tbsp} \times \underline{2} = \underline{4} \text{ Tbsp}$
Rice vinegar	$2 \text{ Tbsp} \times \underline{2} = \underline{4} \text{ Tbsp}$
Fish sauce	$4 \text{ Tbsp} \times \underline{2} = \underline{8} \text{ Tbsp}$
Limes, juiced	$2 \text{ limes} \times \underline{2} = \underline{4} \text{ limes}$
Water	$2 \text{ Tbsp} \times \underline{2} = \underline{4} \text{ Tbsp}$

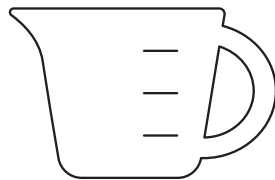
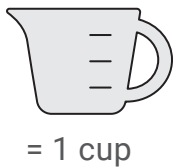
VIETNAMESE CHICKEN NOODLE BOWLS:

Rice noodles	$3 \text{ ounces} \times \underline{2} = \underline{6} \text{ ounces}$
Carrots	$5 \text{ ounces} \times \underline{2} = \underline{10} \text{ ounces}$
Cucumbers	$8 \text{ ounces} \times \underline{2} = \underline{16} \text{ ounces}$
Lettuce	$1 \text{ head} \times \underline{2} = \underline{2} \text{ heads}$
Mint	$8 \text{ leaves} \times \underline{2} = \underline{16} \text{ leaves}$
Roasted peanuts	$\frac{1}{2} \text{ cup} \times \underline{2} = \underline{1} \text{ cup}$

TOTAL MEASUREMENT COLORING ACTIVITY

RECOMMENDED AGE: 8+

Maria is baking an apple spice cake that calls for several cups of ingredients she will measure with a measuring cup. Color each ingredient in the measuring cups as needed for the recipe. Then add up the total amount to find out the amount of ingredients needed.



1 cup sugar



$\frac{1}{2}$ cup apple sauce



$\frac{1}{4}$ cup softened butter



$\frac{1}{4}$ cup raisins



$\frac{1}{4}$ cup chopped walnuts

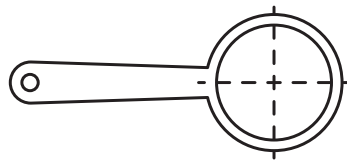
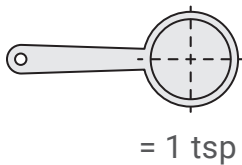
Total = _____ cups

Total cups Maria used: $2\frac{3}{4}$ cups

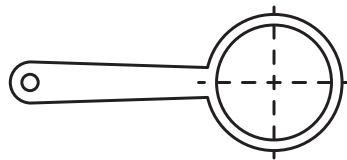
TOTAL MEASUREMENT COLORING ACTIVITY

RECOMMENDED AGE: 8+

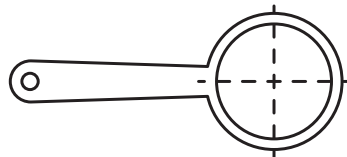
Ryan is making a pumpkin pie and needs to add the right amount of spices. Color each ingredient in the measuring spoons as needed for the recipe. Then add up the total amount to find out the amount of spices needed.



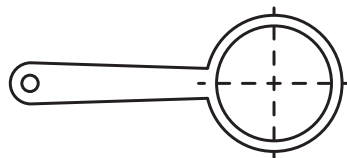
1 tsp ground cinnamon



$\frac{1}{2}$ tsp ground nutmeg



$\frac{1}{2}$ tsp ground ginger



$\frac{1}{4}$ tsp ground cloves

Total = _____ tsp

Total spices Ryan used: $2\frac{1}{4}$ tsp

LEARN COOKING CONVERSIONS

RECOMMENDED AGE: 11+

Use the internet to fill in these volume equivalents.
Tbsp stands for tablespoon; **tsp** stands for teaspoon;
oz stands for ounce.



1 Tbsp = _____ tsp

1 pint = _____ cups

1 cup = _____ Tbsp

1 quart = _____ pints

1 cup = _____ oz

1 gallon = _____ quarts

Now use the chart you created
to figure out these conversions:

How many Tbsp are in $\frac{1}{2}$ cup? _____

How many oz are in 13 cups? _____

How many cups are in 5 quarts? _____

How many pints are in 3 gallons? _____

How many tsp are in 2 cups? _____

How many quarts are in 192 oz? _____

ANSWER KEY:
COOKING CONVERSIONS

$$1 \text{ Tbsp} = \underline{3} \text{ tsp}$$

$$1 \text{ pint} = \underline{2} \text{ cups}$$

$$1 \text{ cup} = \underline{16} \text{ Tbsp}$$

$$1 \text{ quart} = \underline{2} \text{ pints}$$

$$1 \text{ cup} = \underline{8} \text{ oz}$$

$$1 \text{ gallon} = \underline{4} \text{ quarts}$$

How many Tbsp are in $\frac{1}{2}$ cup? 16 Tbsp \div 2 = 8 Tbsp

How many oz are in 13 cups? 13 \times 8 oz = 104 oz

How many cups are in 5 quarts? 2 pints \times 5 = 10 pints \rightarrow 10 \times 2 cups = 20 cups

How many pints are in 3 gallons? 3 \times 4 quarts = 12 quarts \rightarrow 12 \times 2 pints = 24 pints

How many tsp are in 2 cups? 2 \times 16 Tbsp = 32 Tbsp \rightarrow 32 \times 3 tsp = 96 tsp

How many quarts are in 192 oz? 192 oz \div 8 oz = 24 cups \rightarrow 24 cups \div 2 cups =

12 pints \rightarrow 12 pints \div 2 pints = 6 quarts

PLAN A DAY'S MENU

RECOMMENDED AGE: **12+**

Plan 3 meals and a snack that will help you reach the recommended daily amounts of each food group per day.* Build your meals by putting the number of servings in the blank next to the ingredient and then write your list of ingredients under breakfast, lunch, dinner, and snack.

*Based on the recommendations of the U.S. Department of Agriculture for ages 12-18 as of 2020.

DAILY RECOMMENDATIONS:

Fruit	2 cups (16 oz)
Vegetables	3 cups (24 oz)
Grains (wheat, rice, cereal)	$\frac{3}{4}$ - 1 cup (6 - 8 oz)
Protein (meat, milk, eggs, beans)	$\frac{3}{4}$ cup (6 - 6.5 oz)
Calcium (mineral found in dairy)	1,000 mg

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRUITS:

- _____ **1 banana** - $\frac{2}{3}$ cup / 5 oz
- _____ **1 apple** - $\frac{3}{4}$ cup / 6 oz
- _____ **1 mango** - 1 cup / 8 oz
- _____ **1 pear** - $\frac{3}{4}$ cup / 6 oz
- _____ **10 strawberries** - $\frac{1}{2}$ cup / 4 oz
- _____ **1 fruit cup** - 1 cup / 8 oz

VEGETABLES:

- _____ **2 lettuce leaves** - $\frac{1}{2}$ oz
- _____ **2 tomato slices** - 1 oz
- _____ **tomato sauce** - $\frac{1}{2}$ cup / 4 oz
- _____ **5 cherry tomatoes** - 1 cup / 8 oz
- _____ **1 mixed greens salad pack** - 1 $\frac{1}{4}$ cup / 10 oz
- _____ **1 package of spinach** - 1 $\frac{1}{4}$ cup / 10 oz / 440 mg calcium
- _____ **1 cucumber** - $\frac{3}{4}$ cup / 6 oz
- _____ **1 zucchini** - $\frac{3}{4}$ cup / 6 oz
- _____ **1 $\frac{1}{3}$ cup broccoli florets** - $\frac{1}{2}$ cup / 4 oz / 60 mg calcium
- _____ **1 $\frac{1}{3}$ cup cut green beans** - $\frac{1}{2}$ cup / 4 oz
- _____ **10 baby carrots** - $\frac{3}{4}$ cup / 6 oz
- _____ **4 celery stalks** - $\frac{1}{2}$ cup / 4 oz

GRAINS:

- _____ **cereal** - ½ cup / 4 oz / 250 mg calcium
- _____ **1 muffin** - 3 oz
- _____ **½ bagel** - ¼ cup / 2 oz
- _____ **1 large / 2 small tortillas** - ½ cup / 4 oz
- _____ **2 slices of white bread** - ¼ cup / 2 oz
- _____ **2 slices of whole grain bread** - ¼ cup / 2 oz
- _____ **cooked pasta** - ½ cup / 4 oz
- _____ **oatmeal** - ½ cup / 4 oz / 100 mg calcium
- _____ **cooked brown rice** - ½ cup / 4 oz
- _____ **cooked quinoa** - ½ cup / 4 oz

PROTEIN:

- _____ **1 egg** - 1½ oz
- _____ **¼ block of tofu** - 4 oz / 120 mg calcium
- _____ **½ can of beans** - 6 oz / 40 mg calcium
- _____ **1 fish stick** - 2 oz
- _____ **fish fillet** - 4 oz
- _____ **1 chicken tender** - 2 oz
- _____ **chicken breast** - 5 oz
- _____ **beef** - 5 oz
- _____ **slice of deli meat** - 1½ oz

OTHER:

- _____ **¼ cup of almonds** - 89 mg calcium
- _____ **¼ cup of sunflower seeds** - 52 mg calcium
- _____ **¼ cup of sesame seeds** - 351 mg calcium
- _____ **¼ cup of chia seeds** - 358 mg calcium
- _____ **½ cup of yogurt** - 225 mg calcium
- _____ **½ cup of milk** - 150 mg calcium
- _____ **½ cup of soy milk** - 150 mg calcium
- _____ **1 slice of cheddar cheese** - 200 mg calcium
- _____ **1 slice of swiss cheese** - 270 mg calcium