

# Learning to Cook with

## Mimi Tales





# **Welcome to the Kitchen!**

**This book is for YOU.**

**If you:**

**like helping in the kitchen**

**want to cook by yourself**

**(with a grown-up nearby)**

**want to feel more confident**

**Then this book is for you!**

**Every recipe in this book helps  
you practice a real cooking skill.**

**That means every time you  
cook, you're getting better.**

**Mistakes are okay.**

**Messy kitchens happen.**

**Learning is what matters.**

**Let's cook!** 



## ✓ My Kitchen Skills Checklist

- I can wash my hands before cooking.
- I can measure ingredients.
- I can cut carefully.
- I can use heat safely.
- I can follow steps.
- I can clean up.
- I can help make meals.

Every checkmark means  
you're getting it 





## BREAKFAST

RECIPE:  **SCRAMBLED  
EGG TOAST**

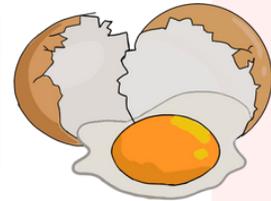
**Skill practiced:  
stovetop cooking & timing**

**Steps:**

- 1. Crack eggs into a bowl.  
Add milk and stir.**
- 2. Heat a flat pan on **medium** with  
butter.**
- 3. Pour eggs in and stir slowly.**
- 4. Toast bread and serve eggs on top.**

**INGREDIENTS:**

**2 eggs  
1 spoon of milk  
1 slice of bread  
Butter  
Salt & pepper**



★ **YOU PRACTICED COOKING WITH HEAT!**

# BREAKFAST



RECIPE:

## YOGURT PARFAIT CUP

**Skill practiced: measuring & careful cutting**

### Steps:

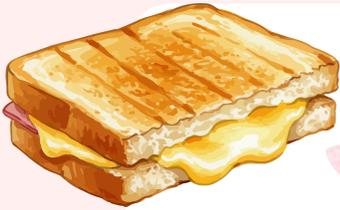
1. Wash fruit.
2. Cut fruit carefully.
3. Layer yogurt, fruit, and granola.

### INGREDIENTS:

- Yogurt
- Granola
- Soft fruit
- (like berries or
- bananas)



★ YOU PRACTICED MEASURING AND LAYERING!



## LUNCH

### RECIPE: **Grilled Cheese & Soup**



**Skill practiced:  
heat awareness**

- 1. Butter bread.**
- 2. Add cheese slices.**  
Assemble the sandwich
- 3. Cook sandwich slowly in a flat pan. one side at the time until the sides are toasted.**
- 4. Warm soup over medium heat in a pot. Stir it so it doesn't stick to the pot.**

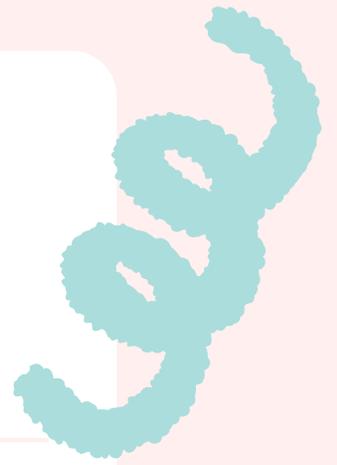
#### INGREDIENTS:

- **BREAD**
- **CHEESE**
- **BUTTER**
- **TOMATO SOUP**

★ **YOU PRACTICED COOKING TWO FOODS AT ONCE!**



## LUNCH



### RECIPE: **Build-Your-Own Wrap**

**Skill practiced: slicing &  
planning a meal**

#### **Steps:**

- 1. Lay tortilla flat.**
- 2. Add ingredients.**
- 3. Roll tightly.**
- 4. Slice in half.**



#### INGREDIENTS:

- **Tortilla**
- **Meat, beans,  
or cheese**
- **Lettuce**
- **Dressing**

★ **You practiced planning and cutting!**



## DINNER

RECIPE:



### **One-Pan Chicken & Veggies**

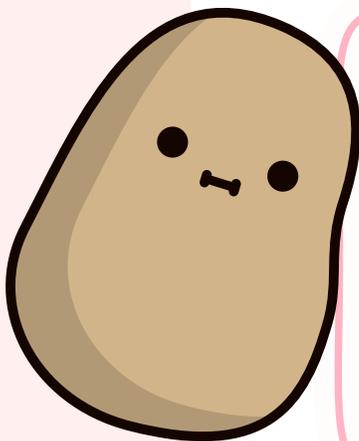
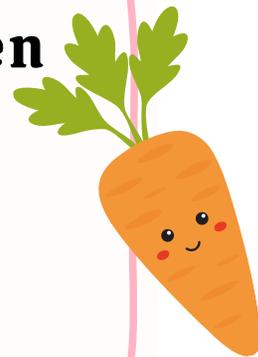
**Skill practiced: oven safety & seasoning**

#### **Steps:**

- 1. Preheat oven to 400°F.**
- 2. In a baking dish. Toss food with oil and seasoning.**
- 3. Bake for 25–30 minutes.**

#### INGREDIENTS:

- **Boneless Chicken tenders**
- **Baby Potatoes**
- **Baby Carrots**
- **Oil**
- **Salt & pepper**



★ **You practiced using the oven safely!**

## DINNER



RECIPE:

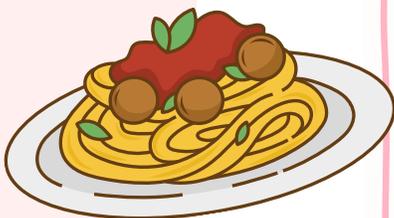


## Spaghetti

**Skill practiced: boiling & timing**

**Steps:**

- 1. Boil water carefully. Add salt and a little oil or butter to the water.**
- 2. Cook pasta until soft. (It will stick to the wall when it's done.)**
- 3. Carefully drain the water.**
- 4. Pour the sauce and meatballs in with the noodles. Warm sauce and mix.**

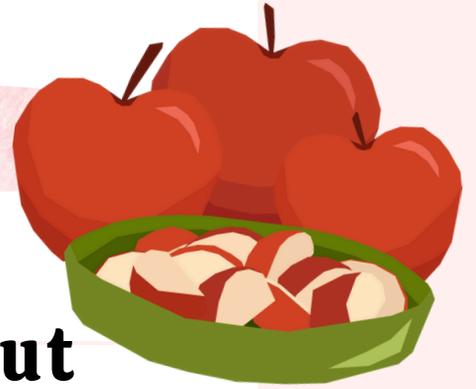


### INGREDIENTS:

- Pasta
- Sauce
- salt
- precooked frozen meatballs. Thawed (optional)

★ You practiced following cooking times!

## SNACK



RECIPE:



### **Apple & Peanut Butter Slices**

**Skill practiced:  
knife skills (soft foods)**

#### **Steps:**

**Wash the apple.**

**Ask a grown-up to help cut  
the apple in half.**

**Slice the apple carefully into  
smaller pieces.**

**Spread peanut butter on  
each slice.**



#### INGREDIENTS:

**1 apple**

**Peanut butter**

**Plate**

**Butter knife or  
kid-safe knife**

★ **You practiced careful cutting and spreading!**

## SNACK



RECIPE:



### Trail Mix Builder

**Skill practiced:  
measuring & decision-making**

#### Steps:

- **Measure each ingredient.**
- **Pour everything into a bowl.**
- **Stir gently.**
- **Taste and adjust!**

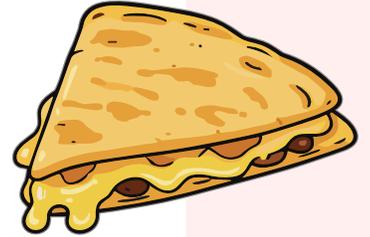


#### INGREDIENTS:

**$\frac{1}{4}$  cup cereal**  
 **$\frac{1}{4}$  cup pretzels**  
 **$\frac{1}{4}$  cup raisins or dried fruit**  
**Optional: chocolate chips or nuts**

★ **You practiced measuring and choosing flavors!**

## SNACK



RECIPE:

### Microwave Quesadilla

#### Steps:

1. Place tortilla on the plate.
2. Sprinkle cheese on half the tortilla.
3. Fold tortilla in half.
4. Microwave for 30–45 seconds.
5. Let it cool before eating.

#### INGREDIENTS:

- 1 tortilla
- Shredded cheese
- Microwave-safe plate



★ You practiced measuring and choosing flavors!



## SNACK



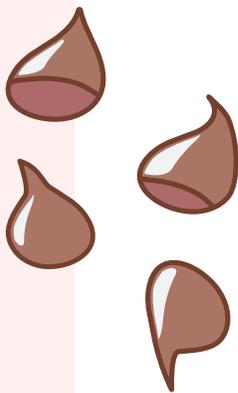
### RECIPE:

## No-Bake Energy Bites

**Skill practiced: mixing & portioning**

### Steps:

- 1. Put all ingredients in a bowl.**
- 2. Stir until mixed.**
- 3. Roll into small balls.**
- 4. Place on a plate and chill if needed.**



### INGREDIENTS:

- **1/2 cup oats**
- **1/4 cup peanut butter**
- **1 tbsp honey**
- **Optional: chocolate chips**



★ **You practiced mixing and shaping food!**

## SNACK



### RECIPE: **Smoothie Cup**

**Skill practiced:**  
**blender safety & measuring**

### Steps:

- 1. Add ingredients to the blender.**
- 2. Put the lid on tightly.**
- 3. Ask a grown-up to help start the blender if this is your first time.**
- 4. Blend until smooth.**
- 5. Pour carefully into a cup.**

### INGREDIENTS:

- **1 banana**
- **½ cup frozen fruit**
- **½ cup milk or juice**



★ **You practiced blender safety and measuring!**

**WINNER**

**You Did It!**

**Cooking is an  
important life skill.**

**Every time you try, you're  
learning something new.**

**Be proud of yourself.**

**Keep practicing.**

**Keep helping.**

**Keep growing.**

**You can do hard things.**



**Love,  
Mimi Tales**





# What do you want to cook next?



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