

Kitchen Essentials

You can create many different recipes with just a few basic utensils. Have a look through the things you have at home and check with an adult which ones are safe for you to use by yourself and the ones you'll need help with. Here are your best friends in the kitchen ...



Bowls in various sizes.

Measuring cups in different sizes for dry ingredients such as flour and sugar.

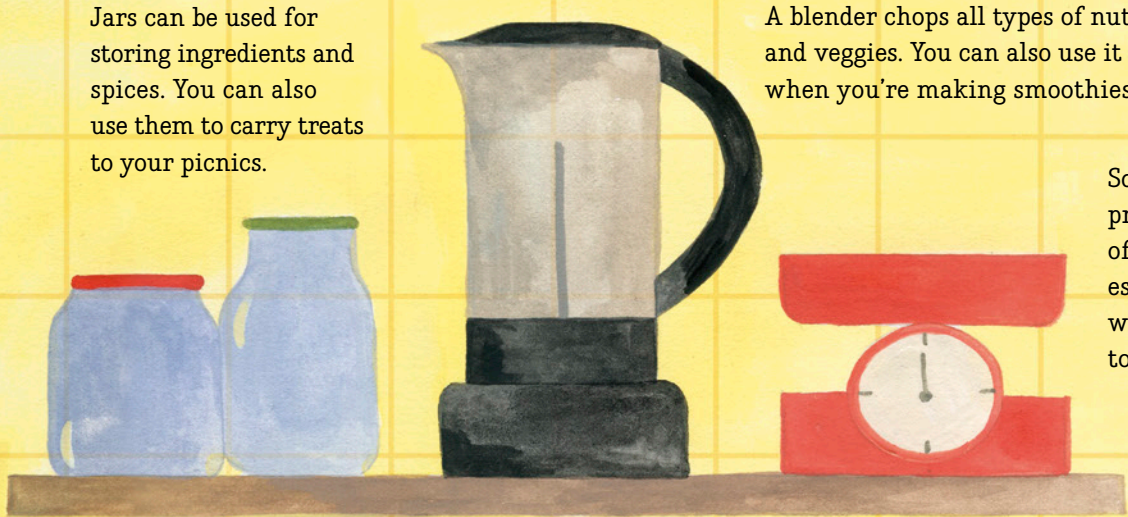
A chopping board for cutting up fruit and vegetables.

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| 1 A sieve. | 4 A knife, which should be sharp, as a blunt one is more dangerous when you're working with food. | 6 A rolling pin to help flatten out your dough. | 9 A hand whisk can be used for dry and wet ingredients. |
| 2 A big wooden spoon. | 5 A grater for shredding hard cheese or veggies such as carrots and zucchini. | 7 A frying pan for cooking up sweet and savory treats. | |
| 3 A pastry brush for spreading butter and glazes on food. | 8 Two different types of spatula. | | |

Jars can be used for storing ingredients and spices. You can also use them to carry treats to your picnics.

A blender chops all types of nuts and veggies. You can also use it when you're making smoothies.

Scales, to measure precise quantities of each ingredient—especially important when it comes to desserts.



A hand mixer is super-easy to use and it makes batter smooth in seconds.



A baking sheet for large batches of cookies or for when you're making pizza.

Parchment paper helps to prevent food from sticking to the baking sheet.