

# Kids Cooking BINGO



**Watch** a kids cooking show or how-to video on TV or YouTube.

**Lead a fruit or veggie taste test** for your family. Try a new food or compare 2 or 3 varieties of the same food.

Help **make or bake** a breakfast item, like muffins, biscuits, or pancakes.

**Name** the 6 parts of plants that we eat + name an edible example of each plant part.  
*Ex: leaf = lettuce*

Help your family prepare a meal by **rinsing or scrubbing** the fruits or veggies.

**Whip up** a batch of popsicles using local fruit.

**Squeeze** an orange, lemon, or lime. Use the juice to make salad dressing or a flavored drink.

**Build-your-own** homemade pizza.  
*Ideas: use store-bought pizza dough, French bread, or English muffins.*

Help **set the table** before a family meal.

Use a kid-safe knife to **cut** up fresh fruits for a fruit salad or fruit kabob.

**Measure** the ingredients for a recipe.

**Illustrate** a family recipe, step-by-step.

Free space!

**Make** a sandwich of your choice.

**Read** a book about food or cooking AND make a recipe from a book.

**Try** a fruit or vegetable that you've never had before.

**Harvest** fruits, veggies, or herbs from the garden.

Learn 5 new **vocabulary** words related to cooking or the kitchen.

Help your family prepare a meal by **peeling** fruits or vegetables.

**Share** one of your favorite food memories with a friend or family member.

Help **clear the dirty dishes** from the table after a family meal.

**Make** homemade ice cream in a ziplock bag.

**Learn** about the cuisine of a different culture or country.

**Grate** veggies for a salad or slaw, or cheese for tacos or pizza.

**Build** a sculpture or make artwork out of edible materials.