



## CAN YOU COOK?

One of the best ways to really enjoy a variety of foods that are delicious and good for you is to learn how to cook. When you learn to make your favorite foods you never have to wait for a special trip to a certain restaurant or for someone else to make them for you. The best part about cooking is that you are never too old or too young to learn.

### *Getting Started with Cooking:*

- ▶ Ask someone who cooks to help you get started. Learning to cook from a friend, parent, or other family member can be a fun way to spend time together. Start by asking them to show you how to make your favorite dish of theirs.
- ▶ Take a cooking class. If you are just getting started, look for a beginner class.
- ▶ Check out cookbooks and cooking magazines. Look for recipes with just a few ingredients to get started. Also look for recipes for things that you can use to make different dishes like sauces or marinades.
- ▶ Search the web. Some cooking magazines and cooking shows have their recipes online. You can even read reviews from other people who have tried the recipes.
- ▶ Start a cooking club or have a cooking party where everyone helps to make the food and then sits down to enjoy it together.

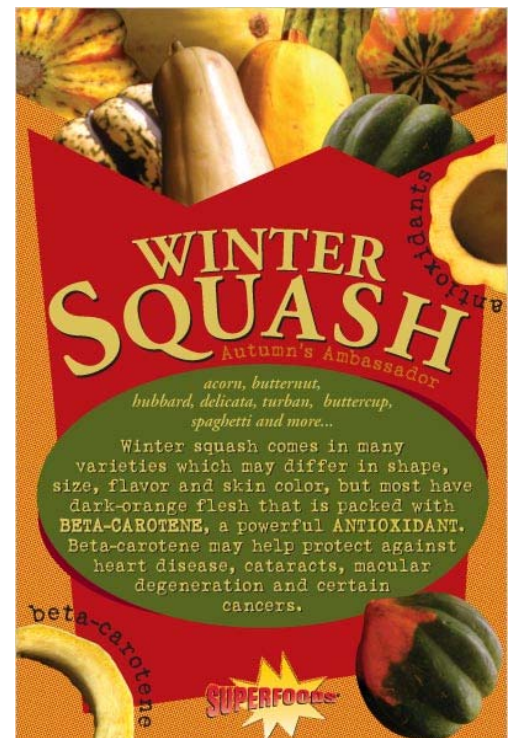
### *Basic Rules for Beginner Cooks:*

- ▶ Practice kitchen safety. Cooking can involve using sharp knives and cooking over high heat. One of the first things you should learn is how to handle both safely. If you are young, always work with an adult.
- ▶ Don't forget food safety either. Hand washing and keeping food at the right temperature are good steps to making sure that your new cooking adventure doesn't get anyone sick.
- ▶ Start simple. Don't start out by trying to prepare a four course meal. Start with a simple side dish and build from there.
- ▶ To make a great meal you need great ingredients. Starting from fresh, whole ingredients will make a big difference in how your food turns out.
- ▶ Don't give up! Even the best chefs in the world have made dishes they didn't like. Keep trying different recipes, techniques and ingredients and you'll be sure to find some that you really like.



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