

- JR. CHEF CLUB -

NEWS PARENTS CAN USE

Lesson 1

Welcome to the Club

Taste Buddies

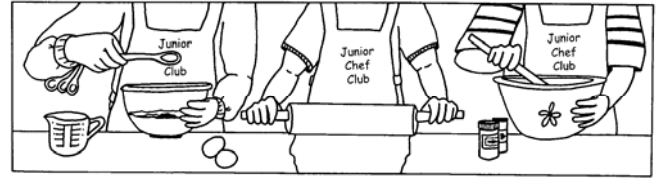
Jr. Chef Club Started Today

It's fun, it's exciting and it's in your child's classroom now! The Junior Chef Club is an eight-week series that teaches students about:

- ◆ Foods that Build Strong Bodies
- ◆ Ways to Keep Food Safe
- ◆ How to Prepare Healthy Foods
- ◆ What Vitamins and Minerals Do For You
- ◆ The Science of Cooking in the Kitchen
- ◆ Importance of Physical Activity Every Day

Kids need to learn to make wise food choices so they'll grow up healthy and strong. The Jr. Chef Club helps kids learn how to fix healthy snacks and meals. Sessions include hands-on activities, making food and tasting it, a kid-friendly worksheet, and recipe of the day. Parents are included too! Each week you'll get this newsletter so you'll know what went on in class and can ask your child about it. We'll also add some fun-packed activities for you and your child to do at home.

This program is provided by Washington State University Extension.



What is WSU Extension?

Washington State University Extension is a three-way partnership of the United States Department of Agriculture, Washington State University, and this county. Washington State University Extension brings information based on research to the community. We have many programs that can help you and your family, including:

- ◆ Food Safety and Nutrition Information
- ◆ 4-H Youth Development
- ◆ Master Gardeners
- ◆ Agriculture and Natural Resources

If you'd like more information about any of our programs, call us at 360-337-7157.

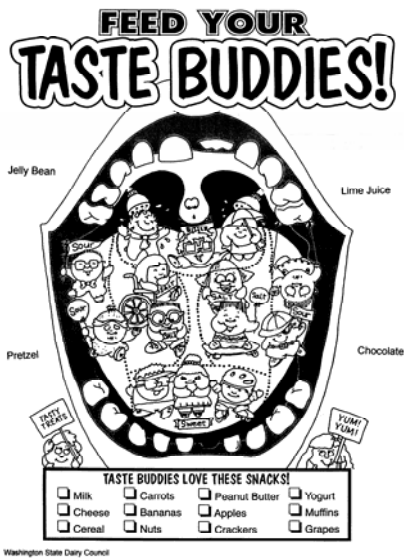
Wise with Words

These are some words used in class today that might be new to your child. See if he or she can use them in a sentence.

- ◆ Contaminate
- ◆ Bacteria
- ◆ Sour

Inside Scoop... Ask your child to show you their Taste Buddies.

Answer: Taste buds on the tongue sense sweet, sour, salty, and bitter foods. Sweet tastes are sensed on the tip, salty tastes are sensed in the middle, bitter tastes are sensed towards the back, and sour tastes are sensed near the sides of the tongue.



Fun Ways to Learn

1. Take turns with your child blindfolding one another and giving each other food to taste. See if you can each guess what the food is without seeing it.
2. With a blindfold on, hold your nose. Now can you tell what the food is without seeing it?
3. Make your own Taste Buddies. Have your child trace their thumb onto a sheet of paper four times. Then have your child draw faces on each finger outline - add arms, legs and hair to make the four different Taste Buddies.

- Name the four Taste Buddies.
- Name foods or snacks that have the flavors of the four Taste Buddies.
- Draw a map of the tongue and show where the Taste Buddies live.

Inside Scoop... Ask your child what they learned about hand washing today.

Answer: To get rid of bacteria, wash hands thoroughly after playing, using the bathroom, petting pets and before every meal for 20 seconds with soap and warm water. This is the time it takes to sing Twinkle, Twinkle Little Star. Dry with a paper towel.

Quick-n-Easy Sanitizer

Hand washing for 20 seconds with soap and warm running water is a great way to rid your hands of bad bacteria. But, bacteria are all around you and on food that can make you and your family ill. Sanitizing surfaces in your kitchen that food touches is easy. Use this sanitizer for counter tops, faucets, cutting boards, sinks, and knives. Your Jr. Chef will learn about kitchen sanitation next week.

3/4 teaspoon *plain* bleach (no additives)
1 quart (4 cups) cool water

Put bleach and water into a spray bottle and label it. Be sure to store it out of the reach of children. Mist the surface you want to sanitize, leave on for 1 to 2 minutes, then rinse or wipe off.

This sanitizer is weak enough to not bleach clothing or fabric, but strong enough to kill bacteria. It's useful on phones and doorknobs during cold and flu season too! Surfaces like countertops must be clean before you sanitize.

**Stop bacteria by keeping your hands,
utensils and kitchen clean!**