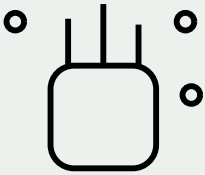


# My First Kitchen Job

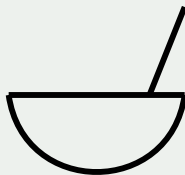
15 minutes | Beginner | Bowl, spoon, soft fruit; adult prepares ingredients

A grown-up prepares the fruit. You get to be the snack helper!

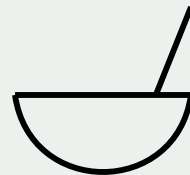
## WASH



## MIX



## TIDY



Meet: scrub hands with soap for at least 20 seconds. Watch: hold the bowl gently while your grown-up shows you.

### TRY: NUMBER THE JOBS 1 TO 4

- ☐ Mix prepared fruit
- ☐ Wash hands
- ☐ Tidy tools
- ☐ Get clean bowl and spoon

Celebrate: draw your finished snack.

**Explain it. Try it with permission. Teach someone else.**

# My First Kitchen Job

4-6 | Explorers | Kitchen | Keep this page separate from the challenge

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## WHAT THIS BUILDS

Following a clear process and using practical information to make safer choices.

## ANSWERS AND REASONING

Order: wash hands; get clean bowl and spoon; mix prepared fruit; tidy tools. For the printed order, numbers are 3, 1, 4, 2.

## SUPPORT AND BOUNDARIES

Use fruit prepared in age-appropriate pieces. Supervise eating and preparation. No knives, heat, raw eggs, or raw meat. Check ingredient allergies before starting.

## REAL-WORLD MISSION

Help assemble one snack. Put perishable ingredients back in the refrigerator promptly.

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## GROWN-UP DISCOVERY

Produce is rinsed with running water, without soap. Ask: Which kitchen job did you first learn?

## AFTER THE MISSION

One thing we noticed: \_\_\_\_\_

One thing we would try differently: \_\_\_\_\_

Child: I can explain it / I want another practice / I need help.