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Handstand Kids Cookbook Series*

SOMEONE'S IN THE KITCHEN WITH... KIDS!

While cooking is traditionally introduced to children through their own kitchens, it is now more prevalent than ever in the media and in extracurricular activities. The Food Network, along with other cooking programs, has transformed cooking into cutting-edge entertainment that has brought a new younger audience to the world of cooking shows. In addition, cooking classes are more popular than ever. Even though cooking is easily accessible to kids through several mediums, the most memorable and formative cooking lessons remains those taught in the child's home kitchen by their family. Cooking with children is a way to connect them to different cultures, nutrition, and community service.

Food is a wonderful and delicious way to introduce your children to other cultures from an early age. By simply recognizing that certain foods originated in other parts of the world fosters

an appreciation and curiosity for other cultures. The hands-on experience that cooking provides connects children to their experience and will certainly spark an interest for later travels to other regions of the world.

As childhood obesity and diabetes is at an all time high in the child population, educating children about nutrition remains essential to keeping them healthy. By exposing children to balanced foods and teaching them how to prepare delicious and healthy meals will certainly encourage a lifetime of healthy eating habits.

While cooking in itself is a wonderful skill for a child to have, it is also a way to empower a child to volunteer within their community. Children can choose charities that they can directly volunteer with or hold a food fundraiser for and donate the profits. While cooking in the home is fun and provides delicious results, the benefits of inviting children into the kitchen from an early age are unlimited.



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Popcorn into Italian Popcorn

from the Handstand Kids
Italian Cookbook - Serves 2



INGREDIENTS:

- 1 bag of plain microwave popcorn or 1/2 cup of popcorn kernels
- 1 tablespoon of olive oil (*olio*)
- 1/4 cup of grated parmesan cheese (*Parmigiano*)
- 1 teaspoon dried oregano
- 1/2 teaspoon of paprika

TOOLS:

- 2 Brown Lunch Bags
- Medium-Sized Bowl
- 2 Oven Mitts
- 2 Wooden Spoons

INSTRUCTIONS:

1. Mix the *olio*, *parmigiano*, oregano, and paprika in the bowl.
2. Pop the popcorn in the microwave or pop the kernels in a popcorn machine.
3. Wearing the oven mitts, divide the popped kernels into the 2 brown lunch bags.
4. Evenly pour the mixture over the popcorn and shake the bag for 30 seconds.

ALTERNATIVE: To add a little spice, sprinkle on red chili flakes instead of the paprika. Start with a very tiny pinch of chili to make sure it is not too spicy.

Apple-licious Taquitos

from the Handstand Kids
Mexican Cookbook - Serves 4 to 6



INGREDIENTS:

- 6 8- or 10-inch whole-wheat tortillas
- 1 large apple (*manzana*)
- 1 cup applesauce
- 1/4 cup vegetable oil (*aceite*)
- 1 teaspoon cinnamon (*canela*)

TOOLS:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Medium bowl
- Nonstick baking sheet
- Pastry brush
- Serving plate
- Tablespoon
- Wooden spoon

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Dice the *manzana* on the cutting board. Mix the diced apple with the applesauce and *canela* in the medium bowl using the wooden spoon.
3. Use the pastry brush to lightly coat both sides of the tortillas with *aceite*.
4. Place 1 heaping tablespoon of the *manzana* mixture in the center of each tortilla.
5. Roll the tortillas to make a flute shape, then place them on the baking sheet.
6. Bake for 20 minutes or until the tortillas become crispy. Then remove them from the heat and let cool.
7. Sprinkle a little *canela* on top of each warm *taquito*.

ALTERNATIVE:

Add 1/2 cup raisins to the *manzana* mixture or serve with a scoop of vanilla ice cream!