

Before You Start Cooking



1 Wash your hands with soap before you start working.



2 Wear an apron so your clothes will not get dirty.



3 If you have long hair, you can tie it back so it will not bother you while you cook, and no hair will fall into the food.



7 Ask an adult to help you when you need to cut something with scissors or a sharp knife or to open a can.



8 If you need to use the oven, it is a good idea to turn it on just as you begin the recipe so it will be hot when you finally need it.



9 Turn off the stove or the oven when you have finished using it.



4 Before you start, read the recipe. Make sure you have all the necessary ingredients, and follow instructions step-by-step.



5 Weigh and measure all ingredients before you start cooking.



6 Ask an adult to help you turn on the stove or the oven.



10 Use pot holders to take pots, pans, or trays off the stove or out of the oven so you will not burn your hands.



11 Move the pot handles out of the way so you do not knock into them accidentally and drop them or burn yourself.



12 Clean the utensils as you cook. When you are done cooking, leave the kitchen as tidy as you found it.

Learn How to Cook Pasta



1 Boil about four cups of water for every 3 1/2 ounces of pasta in a big pot.



2 Add a teaspoon of salt and a little oil.



3 When the water is boiling, add the pasta.



4 Stir the pasta so it will not stick to the pot.



5 The exact cooking time depends of the kind of pasta you are using. Check the package for instructions.



6 When the pasta is tender but firm to the bite (*al dente*), pour it in a big colander and let it drain for a moment.

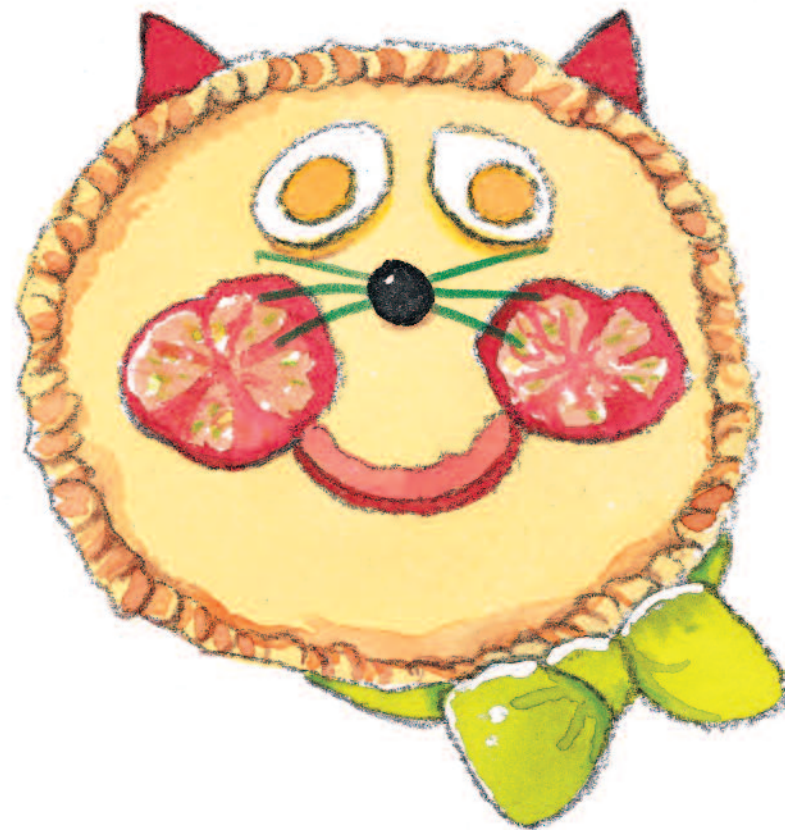
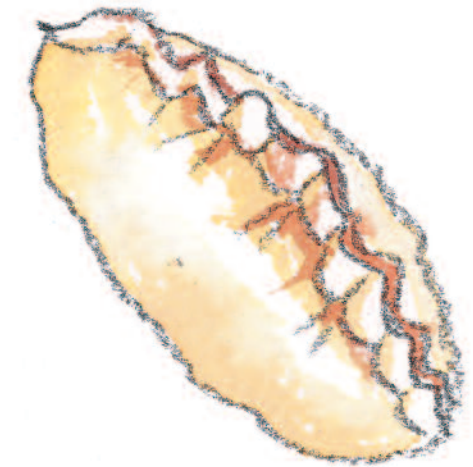
If you do not have the pasta the recipe uses, you may use any other kind. Here are some examples of different kinds of pasta:



Ideas to Decorate a Pizza

It is easier to buy the pizza dough precooked, fresh, or frozen. It is a little difficult to make it from scratch. This way you will only have to add whatever toppings you like.

Here are a few ideas, but it is best to let your imagination fly!



It is a good idea to heat the oven to 400°F before you start so it will be hot when you put the pizza in it.

