



Every Kid Can Cook

BOSS KIDS COOK

Leaders. Eat. Healthy.

7 Steps to Becoming a #Boss In the Kitchen.

We at Every Kid Can Cook know that a lot of cooking is probably already happening in your kitchen. So we created this simple 7 step guide to help you turn your love for cooking into a video to show other kids how **leaders**, like yourself, **eat healthy**.

Sponsored By:



Practice Food and Kitchen Safety

- Practice good hygiene. Wash your hands thoroughly.
- Keep the kitchen and your cook area clean.
- Separate raw meats and vegetables to avoid food contamination.
- Learn how to cook safely. Then keep practicing.



Find Delicious Healthy Recipes

- Research recipes online. Keep your favorites in a file or binder.
- Select recipes that have healthy ingredients and minimal sugar.
- Stay away from fried or processed (boxed) foods.
- Ask your family and friends to share their favorite healthy recipes.



Accept That You're a Leader

- Wake up everyday knowing that you have the ability to lead.
- Write down two things that you're really good at doing.
- Talk with your parent about how eating healthy can help you become even better at those two things.
- Commit to eating at least one extra healthy food every day.



Cook Like a Boss

- Keep it simple. Start by cooking with your favorite healthy foods.
- Add extra fruit or vegetables to your favorite recipes.
- Swap unhealthy ingredients for healthier versions.
- Use spices and herbs to add flavor in a healthy way.
- Get inspired by looking at recipes on www.EveryKidCanCook.org. Then start to create your own healthy versions.



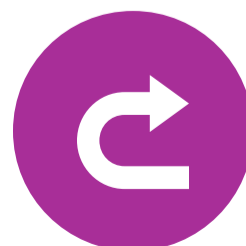
Teach Like a Boss

- Remember, you're a leader and have something amazing to share.
- Be yourself! Kids learn best from people who are like them.
- Share your nutrition and healthy facts so kids know why your recipe is awesome. It will get them excited to cook it at home.
- Mistakes are welcome! We all make them. Just laugh them off and keep on teaching, like a Boss!



Lights, Camera, Action

- Film during the day for natural sunlight.
- Film when it's quiet to minimize extra noises and distractions.
- Get clean! From your cooking space to your teeth, nails and hair.
- Hold up the #BossKidsCook sign in the beginning of your video.
- Have fun and enjoy the experience. After all, you're a Boss!



Post, Share and Repeat

- Post your video to YouTube and #BossKidsCook and #EveryKidCanCook.
- Upload your recipe to www.EveryKidCanCook.org.
- Download your #BossKidsCook Badge.
- Start planning to film your next video recipe.

To get more help on how you can join #BossKidsCook, visit www.EveryKidCanCook.org