



The taller the hat, the more knowledgeable a chef! There are traditionally 100 creases in a chef hat, one for each way an egg can be cooked.

Paying attention in class can improve your cooking skills? Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe.



Cooking is a great way to explore with your senses. Listen to the whirl of the mixer, pound dough and watch it rise, smell it baking in the oven and finally taste the warm bread.

Many fruits and vegetables are available in fresh, frozen and canned varieties. Frozen is sometimes more convenient and just as nutritious as fresh.

Choosing frozen can be a good way of enjoying fruit or vegetables that are not in season locally.



Salt is a flavor enhancer –it brings out the flavor of other ingredients, but you don't want to overdo it. Taste your food while you're cooking to see how flavors develop and enhance one another.

Great dishes balance ingredients that enhance the five major taste categories: sweet, salty, sour, bitter, and umami. Ultimately, the taste of a dish is what makes our brain say “MMMM, this tastes really good!”

