



★ COOKING ACTIVITY AND TASTING

Roasted Cauliflower

OBJECTIVES:

1. Children participate in cooking activity and learn how to make roasted cauliflower
2. Children learn some different ways that cauliflower is eaten (e.g. roasted, steamed, sautéed, in soup, raw)
3. Children taste roasted cauliflower
4. Children explore and describe the texture of roasted cauliflower
5. Children practice fine motor skills and coordination when breaking the cauliflower florets.

WHAT YOU MIGHT NEED:

Ingredients for recipe **(next page)**

Cooking tools: large knife for cutting cauliflower into pieces, baking sheet or roasting pan, bowls to place floret pieces in, cutting board, toaster oven or oven

Small plates for tasting

WHAT YOU MIGHT DO:

- Children wash their hands and gather around the activity table. Announce, “Today we are going to make a recipe called Roasted Cauliflower!” Ask if anyone has tasted cauliflower, and if anyone has tasted roasted cauliflower.
- Encourage children to name each ingredient as you place it on the activity table.
- Children can take turns helping breaking up the florets into smaller pieces using their hands.
- As always, remember to keep children away from all sharp cutting utensils, electrical devices, and hot food and surfaces at all times.

