If you practice simple cooking now, one day you will be a kitchen pro! And that's great, because home-cooked meals are yummy, less expensive, and usually healthier. They also encourage families to spend time together.

**Before you begin cooking, ask yourself:**
1. Do I have an adult to help me?
2. Do I have the time, ingredients, and tools needed for this recipe?
3. Have I washed my hands?

**SPEAK LIKE A CHEF**

Some recipes use unfamiliar words. Which of these do you see in the recipe on page 23?

- **Bake:** Cook in an oven.
- **Beat:** Mix ingredients with a fork, whisk, or mixer.
- **Boil:** Heat liquid until it is covered in bursting bubbles.
- **Chop:** Cut into small pieces.
- **Drain:** Remove all the liquid using a strainer or lid.
- **Grease:** Lightly coat with oil, butter, or non-stick spray.
- **Knead:** Fold and press dough until smooth.
- **Marinate:** Soak food in a liquid.
- **Preheat:** Turn oven on ahead of time.
- **Sauté:** Cook food quickly in a little butter or oil.
- **Simmer:** Heat liquid until it bubbles a little around the edges.

Hello readers,

Now that I’m on a mission. I sometimes cook for myself and my companion. I’m glad I learned how to make basic meals as I helped my parents in the kitchen growing up. The scriptures say good food is meant to “please the eye and to gladden the heart,” and I agree! (See D&C 59:17-19)

Sincerely,
Sister Chef