Simple Meals

There’s steam and bubbles, interesting tools, and amazing smells... and lots of room for experiments. And it’s not a laboratory - it’s your own kitchen! Use these steps to make amazing meals and learn to create a whole meal of your own.

**Video One: Whip Up a Great Breakfast**

Stovetop
Pan
Spatula
1 banana
2 eggs
Nonstock spray
Large bowl
Hand mixer or whisk
Optional: syrup and butter

**Video Two: Fix a Flatbread Lunch**

Two flour or corn tortillas
Butter
Shredded cheese
Spatula
Stovetop
Pan
Butter knife

Make sure an adult is present when cooking these simple meals. Be sure to wash your hands thoroughly for at least 20 seconds before you begin cooking and touching food.