
COOKING WITH KIDS
LET'S MAKE PASTA!

Welcome to “Cooking with Kids”! Today, we’re going to become little chefs and make a super simple and yummy pasta dish. Put on your apron, wash your hands, and let’s get started!



Recipe: Super Simple Pasta

Ingredients:

1 cup of pasta (any fun shape you like)
2 cups of water
A pinch of salt
1/2 cup of tomato sauce
Grated cheese (optional)
Fresh basil leaves (optional)













Step 1: Gather Your Ingredients

Collect all your ingredients and tools. You'll need:

A medium-sized pot
A wooden spoon
A colander (to drain the pasta)
Measuring cups









Step 2: Fill the Pot with Water

Fill the pot with 2 cups of water. Add a pinch of salt to the water.



Step 3: Boil the Water

With the help of an adult, place the pot on the stove and turn the heat to high to boil the water.

Safety Tip: Always have an adult nearby when using the stove.



Step 4: Add the Pasta

Once the water is boiling (you'll see big bubbles), carefully add 1 cup of pasta to the pot. Give it a gentle stir with the wooden spoon.



Step 5: Cook the Pasta

Let the pasta cook for about 8-10 minutes. Check the pasta package for exact times. Stir occasionally.

Fun Fact: Different pasta shapes have different cooking times!



Step 6: Warm the Tomato Sauce

While the pasta is cooking, pour 1/2 cup of tomato sauce into a small saucepan or microwave-safe bowl. Warm it up on the stove or in the microwave until it’s nice and hot.

Safety Tip: Be careful with hot sauce. Use oven mitts if needed.



Step 7: Drain the Pasta

When the pasta is cooked (taste a piece to check), turn off the stove. Ask an adult to help you pour the pasta into the colander over the sink to drain the water.



Step 8: Combine Pasta and Sauce

Put the drained pasta back into the pot. Pour the warm tomato sauce over the pasta.

Fun Activity: You can add other ingredients you like, such as veggies or cooked chicken!



Step 9: Serve and Enjoy

Scoop the pasta onto a plate. Sprinkle grated cheese and place a fresh basil leaf on top if you like. Bon appétit!



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