



## Introduction

This book is designed for people like you who have started the adventure into improving your cooking skills. In this book you will find 17 recipes that you can try at home. These recipes are delicious, nutritious, and fun to make! Better yet, they give you the opportunity to practice what you learned in the Let's Get Cookin'! classes. Before you start cooking, make sure you have your parent/guardian's permission and they are around to supervise you.

The first few pages will cover some safety tips when working in the kitchen, a quick lesson on how to read recipes, and some tables with common measurement conversions and abbreviations.

The rest of the book is full of recipes for you to try at home! So Let's Get Cookin'!