Mighty Mushroom in the Kitchen

From Mushrooms in Schools
Mighty Mushroom loves to cook tasty meals for friends and family.
Mighty follows steps to make sure the meals are tasty and safe.

Let's see what Mighty does to keep food safe....
Gather

Mighty follows the recipe to gather each ingredient needed to make our meal, Korean Beef Rice Bowl.

Which food items do you see are in our recipe?

RECIPE

- 2 pounds beef
- 1 cup water
- 1 onion
- 1 cup long grain brown rice
- 1/4 cup green onions
- 1 carrot
- 1.5 cups cabbage
- 1 cup mushroom
Clean

Before cooking, Mighty washes his hands with warm water and soap. Mighty also rinses fresh produce, like carrots or mushrooms.

How long should we wash our hands each time?

Answer: Sing Happy Birthday to yourself two times.
Separate

Stop the spread of germs by keeping raw foods, like beef, away from produce. Mighty doesn’t want raw foods and produce to touch.

What can a germ do to us? Can we see a germ?
Cut

Before we start to cook, we need to follow the recipe to cut the ingredients.

Should we have our parents or a family member help us cut food items?
Cook

Heat hot food items to the right temperature.

How can you tell if a food item is at the right temperature?

Answer: Thermometer
Store
Mighty keeps cold foods cold by storing them in the refrigerator.

What types of food do you see in the refrigerator? Which food is part of the recipe?
Food safety is important for every meal.

Like Mighty, you can do your part by following Mighty’s steps. Do you remember what they are?

Gather

Clean

Separate

Cut

Cook

Store
Time to Enjoy!

Mighty can share his delicious stir fry with all of his friends and family now. Now it's your turn!

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