



# Ruffet Recipe Cards



When your purple smoothie turns brown and your tomato soup ice pops don't taste quite right—maybe it's time for some new recipes!

Find a simple recipe in a magazine, a cookbook or online; then head to the kitchen for a delicious experiment. As you prepare, mix, heat or chill the ingredients, predict how your food will change. How will it look? How will it taste? Were your predictions correct?

Continue trying new recipes. Write them down on our printable cards on the next page and share them with your family for years to come.

## Edible Observations

Working in the kitchen is a great way to practice science skills like observing and describing. As you cook, you might ask:

*How does this taste?*

- sweet
- salty
- sour
- other

*How does this feel?*

- crunchy
- smooth
- sticky
- other

Mmm...  
Sweet  
and sticky!



## Kitchen Chemistry

You can't unscramble eggs and you can't untoast toast. Cooking changes food, and most recipes can't be undone. Can you think of some recipes—like trail mix—that can be undone?

Ways we change food...

- chopping
- blending
- heating
- freezing



For more fun, visit: [pbskids.org/ruff](http://pbskids.org/ruff)



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**Recipe:** \_\_\_\_\_



**Ingredients:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Directions:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Recipe:** \_\_\_\_\_



**Ingredients:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Directions:**

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\_\_\_\_\_  
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