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Teaching Kids to Bake

During the Holidays is great time to teach your kids the joys of baking. Whether you are making treats for gatherings with family and friends or if you make memories during the time away from school and work, baking is a great way to spend the time together.

Start by choosing some of your favorite and simple recipes to get your kids involved. Always remember to start with the basics from – you should also wash your hands before starting and the differences in your measuring cups. Don't take it for granted to know the process for baking and explain why we do it that way as you go through your recipe. For example, why do we soften butter before making cookies and what does baking soda do.

You can also sneak in a little math lesson when working through what the measurements are and determining how much of each ingredient is needed. You can even cover where those ingredients all come from and how thankful we are for the farmers who are growing the crops we use to make all these delicious treats. During the Holidays when we are spending more time with family and friends is a great place to try new recipes.

These basic steps to baking and other culinary skills can also be gained by participating in 4-H. One of many 4-H projects is baking, and you are able to make things from basic cookies to more complicated baked items like cakes and pies. To get

more information on how to find beginning baking recipes or 4-H, reach out to the Buffalo County Extension Office, at 308-236-1235 or kerry.elsen@unl.edu.