BRUISEY'S KITCHEN CLUB

My little chef passport

For curious helpers. A grown-up joins every kitchen adventure.

My name and today's date

My helper promises

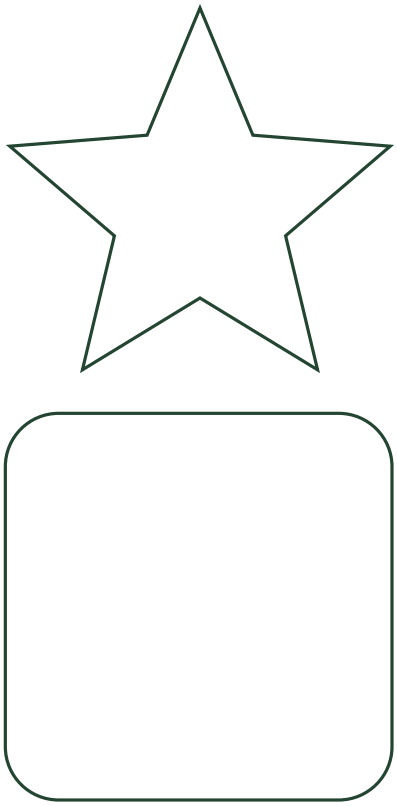
- [ ] I wash my hands before helping.
- [ ] I ask my grown-up before touching or tasting.
- [ ] I leave hot pans, sharp tools, and raw dough to adults.
- [ ] I help with one little cleanup job.

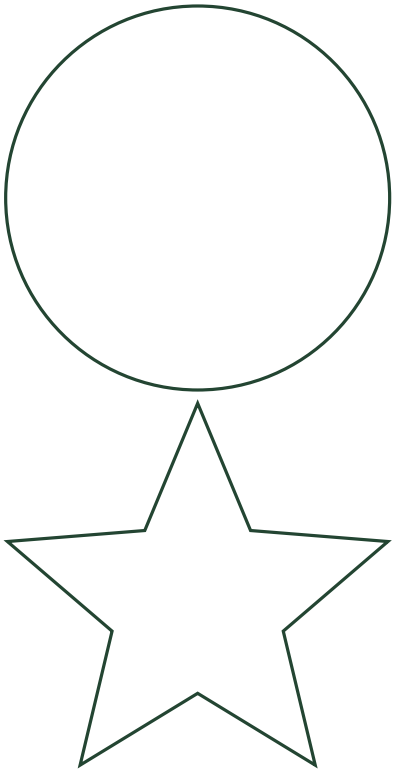
Draw your very own chef badge

PENCILS FIRST. ICING LATER.

The cookie design studio

Invent colors, dots, stripes, and silly faces. Decorating real cookies happens after baking and cooling.





My design is called…

The colors I would like to use

PRACTICE WITH WATER, NOT RAW INGREDIENTS

A little measuring magic

Use real measuring cups with a grown-up. Pour slowly over a tray or sink.

Two half-cups make how many cups?

2 × 1/2 cup = _____ cup

Four quarter-cups make how many cups?

4 × 1/4 cup = _____ cup

How many teaspoons fill one US tablespoon?

_____ teaspoons = 1 tablespoon

Our experiment

Which cup did we try? _____

What did we notice? _____

Grown-up key: 1 cup; 1 cup; 3 teaspoons. These are US customary measures.

LOOK. ASK. HELP. SMILE.

Kitchen-helper bingo

Choose safe jobs with your grown-up. Mark a square when you complete it. Three in a row is a little celebration!

Name a fruit	Find a whisk	Wash your hands
Count 4 plates	Say thank you	Help set a napkin
Design a cookie	Name a kitchen color	Help clean a cool surface

Bruisey says: “Helping is a team sport. I provide the cheering.”

A LITTLE IMAGINATION ON PAPER

Color Bruisey’s kitchen day

Choose any colors you love. In real kitchens, dogs stay safely away from food preparation.



A ROUND OF A-PAWS

Official little kitchen helper

For trying something new, helping with care, and making a memory.



This celebrates

HELPER'S NAME

Today's kitchen adventure

Date: _____

Grown-up's signature: _____