

Katie's Kitchen 1

1. What kind of young woman does God want you to be?

Read Proverbs 31 10-31.

How can you begin to learn the things you will need to know to be the kind of woman described here? Each week we will be doing something in this slot in the timetable that will help you. Pray that God will help you develop the character that will go with these practical things.

2. It is a good idea to make your own book of favourite recipes that you can keep and treasure all your life. This term we will start such a book and you can then carry it on by yourself. Depending on what kind of book you have for your recipe book you can decorate the cover, or cover it with pretty paper or paste an appropriate picture on the front. Do this today so that your special book is all ready for you to use. When I made myself a book of this kind I wrote a Bible verse inside the cover. It was Proverbs 15 17. Why do you think I chose this verse? Choose a verse to go on the first page of your book. (Your Mum will help you.)

3. Taking charge in the Kitchen

“A place for everything and everything in its place”

Today (or one other day this week if it is more convenient for your Mum) you are going to take charge of the kitchen for one meal. (It can be lunch for your Mum and you, or evening dinner or tea for the whole family in which case you may have to adjust the timetable a bit.) I do not mean that you will be doing the cooking, but there is much more that goes on in a kitchen besides cooking! When you have finished your Mum will give you a score out of ten and tell you any points where you could gain more marks. Then you can repeat the exercise next term and see if you can get 10 out of ten!

What you need to do:

Before you start:

Wash your hands. []¹

Wear an apron or overall to save your clothes []

Make sure you know where everything belongs in the kitchen. []

Tidy up if needed so that your mum has a flying start when she prepares the meal. []

Ask you mum what she is going to cook and then check that all the ingredients are ready. []

Set the table. This is going to be a special meal because of your contribution so pick a few flowers from the garden (or wild ones would do - or some evergreen leaves if it is wintertime) and arrange them in a small vase (or a glass or a jam jar) on the table. Make sure you know the correct way to set the table. [] There is a description in the chapter on table manners the Etiquette book on CD1 of the *Mothers' Companion*.

After the meal: Wash up, [] dry up, [] tidy everything away. [] When you have finished, look round the kitchen; is everything tidy and neat? [] Is the tea cloth hung up to dry? [] is the sink clean? [] These things are important because muddle slows you down when you work in a kitchen and dirty sinks and wet tea cloths harbour germs and you don't want *them* in the kitchen do you?

¹ The boxes [] are for your mum to tick when you have done each thing.