

Make Your Own Chef Hats!

This is a great activity to do either at home or in class. Have a discussions with your children about the different food groups. Allow them to cook and explore different foods that provide nutritional value to them.

Materials:

- white tissue paper
- stapler
- tape
- white card stock
- scissors or a paper cutter
- Parents Printable Chef Hat Labels



Instructions:

1. Cut two pieces of card stock, lengthwise, into strips 3 inches wide and staple them together to form one long strip of paper. The strip of paper should now be approximately 18 to 20 inches long.
2. Take a sheet of tissue paper and slowly bunch it along the top edge of the card stock, taping it to the strip as you go.
3. When you get to the end of your first piece of tissue paper, bend the long strip of card stock into a circle and staple the ends together at the top and bottom.
4. Continue to bunch up the tissue paper, taping it to the inside of the card stock circle until you have made it all the way around.
5. Affix a few pieces of tape inside the hat to hold any gaps in the tissue paper together.
6. Cut and tape the PDF printable Chef Hat labels to the front of the hat, puff the tissue top, and help your little chef place it atop his head to get cooking for the party!

Optional: Provide different craft materials (i.e. glitter, stickers, feathers, paint pens..) so that the children can get creative and personalize their hats.

Optional: Once everyone has created a hat, allow the children to go home and take a picture of what they made in the kitchen with their chef hats on. Discuss their food choices and make a bulletin board of all their recipes, creations and fun cooking moments.

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