



Kids a Cookin' Tips by Category

"HOW TO" TECHNIQUES				
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Choose Fresh Fruit Carefully	5	43	Tropical Fruit Dip	5-12
Chopping Fruit	1	1	Pocket Fruit Pie	3-12
De-Boning Raw Chicken Thighs (web only)				
Doneness Tests (web only)				
Freeze it Quick	11	86	Banana Jungle Pops	11-12
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Canned Fruit Tastes Great	3	24	Fruit Basket Upset	3-12
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Rerun - Basic Oven Safety	8	67	Tortilla Triangles	8-12
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Fridge Facts (web only)				
Microwave Safety	1	3	Microwave Cereal Bars	3-12
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