Here are some common kitchen tools you’ll use when preparing some of our healthy and tasty recipes!

**Cooking equipment**

- Mixing bowls
- Saucepan with lid
- Large and small frying pans
- Large and small chopping knives
- Wooden spoon
- Colander
- Garlic press
- Large and small bowls
- Tablespoon
- Teaspoon
- Measuring jug
- Chopping board
- Hand whisk
- Oven gloves
- Plates
- Vegetable peeler
- Baking tray
- Grater
- Glasses
- Can opener
- Sieve
- Kitchen foil
- Baking paper
- Spatula
- Ladle
- Scissors
- Kettle
- Kitchen scales
- Blender
- Cutlery

**Cooking words**

- **Bake:** to cook something in the oven.
- **Blend:** to mix different ingredients together, sometimes using an electric blender or a whisk.
- **Boil:** to heat a liquid in a saucepan until it bubbles and you can see some steam.
- **Deseed:** to remove the seeds from a food.
- **Grate:** to turn a food like carrot, cheese or lemon rind into thin shavings by rubbing it against the sharp-edged holes of a metal grater.
- **Hull:** to take the green parts off a strawberry or raspberry.
- **Peel:** to take the skin off a vegetable or a fruit.
- **Sieve:** to remove the lumps from a food such as flour by pushing it through the small holes of a plastic or wire sieve.
- **Simmer:** to keep a liquid bubbling gently but not boiling.
- **Strain:** to put food into a colander (a metal bowl with holes in it) to drain off the liquid – like the water you have been cooking pasta in.

Take a look at www.greatgrubclub.com for lots of healthy and tasty recipes and much more!