a BareFoot activity!

Make Your Own Chef Hat

A BAREFOOT ACTIVITY FOR KIDS AGES 4 TO 7

Before you heat up the stove, there is one thing to remember: you aren't a chef until you have a chef hat! Follow the steps below to make your very own paper chef hat. Happy cooking!

MATERIALS

- One 26" x 3½" sheet of white poster board
- Three 20" x 30" sheets of white tissue paper
- Tape
- Paper clips

LET'S BEGIN

1. After picking out favorite recipes from Fiona Bird's *Kids' Kitchen* with the children, explain what a chef hat means when it is worn in the kitchen. Address each child as "Chef [child's name]" as you work.

2. Begin with a band of white poster board, and three sheets of white tissue paper. Fold each sheet of tissue paper in half lengthwise.

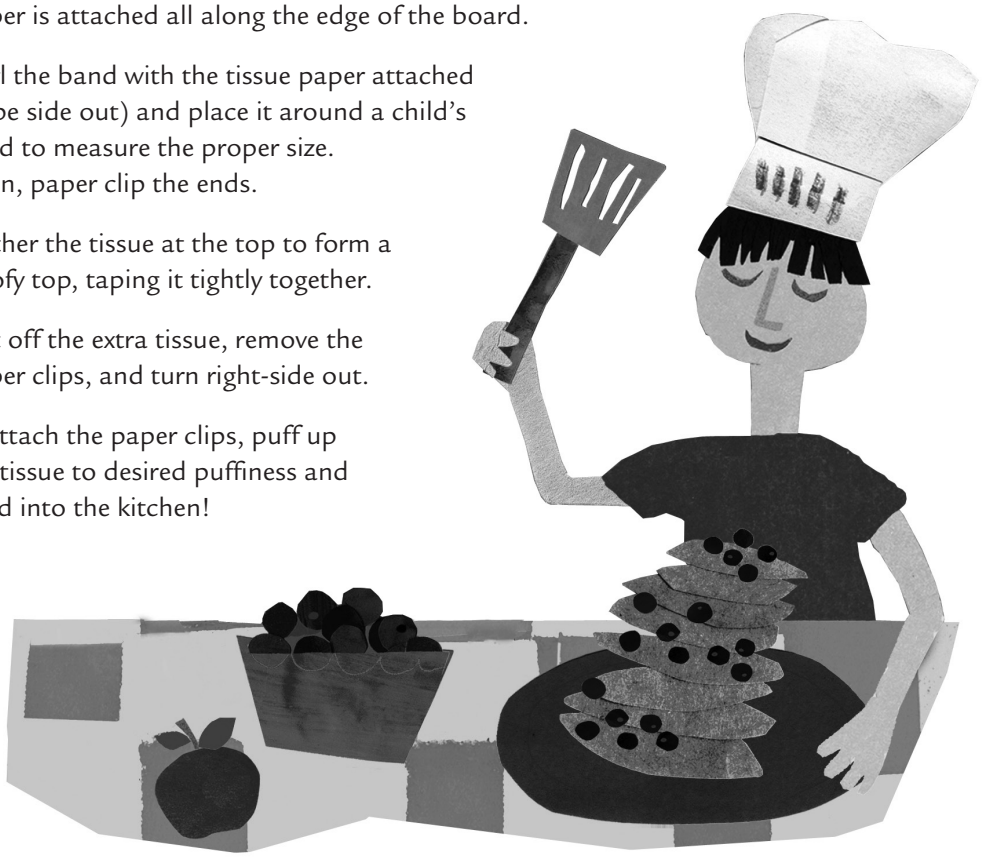
3. Gather and tape one of the short sides of each sheet of tissue paper along the poster board hat band, overlapping the sheets slightly (about an inch overlap), until the tissue paper is attached all along the edge of the board.

4. Curl the band with the tissue paper attached (tape side out) and place it around a child's head to measure the proper size. Then, paper clip the ends.

5. Gather the tissue at the top to form a poofy top, taping it tightly together.

6. Cut off the extra tissue, remove the paper clips, and turn right-side out.

7. Reattach the paper clips, puff up the tissue to desired puffiness and head into the kitchen!



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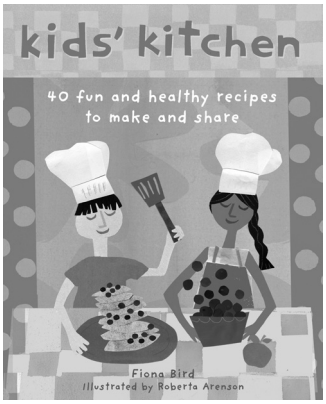

Kids' Kitchen
40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird
Illustrated by Roberta Arenson

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