



Arc Cooks is a cooking series created by self-advocates and allies of people with intellectual and developmental disabilities. During the COVID-19 pandemic, people are cooking at home more.



**Let's learn how to use essential kitchen utensils!**



## Kitchen Utensils





## Spatula



**A spatula is used for mixing, spreading,  
and turning food.**





## Stirring Spoon



Stirring spoons are used to mix foods.





## Tongs



**Tongs are used to flip meat, vegetables, and other foods when cooking.**





## Pots & Pans



**Used to cook pasta, veggies, rice, and more  
on the stove.**







## Sheet Pan



**Used to cook meat, veggies, and more in the oven.**





## Knives

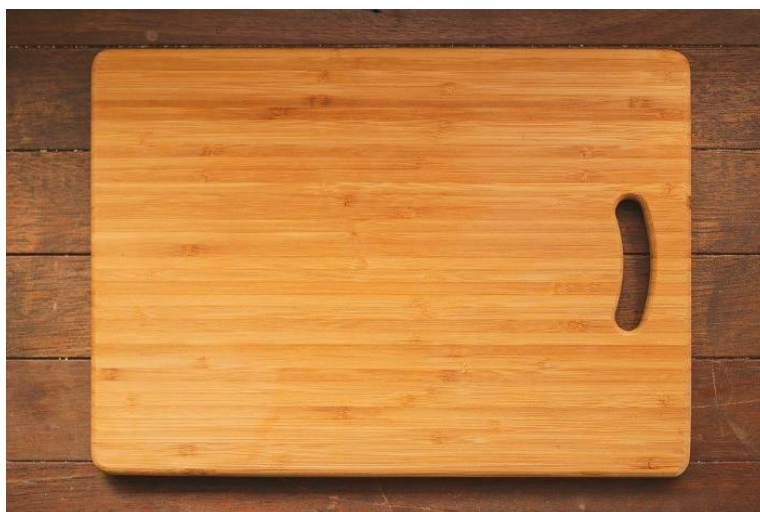
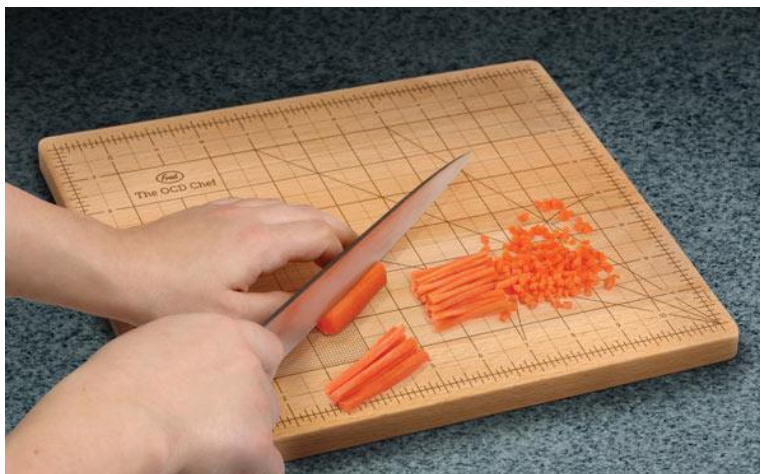


Used to cut up fruits, veggies, and meat.





## Cutting Board



Used to cut knives, fruits, and meat on.







## Mixing Bowl



Used to put food in and mix together.





## Colander



**Used to wash veggies, fruits, and draining  
pasta.**





## Measuring Cups and Spoons



Used to measure ingredients such as flour, rice, oil, sugar, spices, and more!





## Measuring Cup For Liquids



Used to pour a liquid into the cup and bring it even with a measurement line.







## Whisk



whisk

**Used for mixing ingredients together. Used to mix liquids together, spices, and more.**





## Can Opener



Used to open foods that are in cans.





## Potholders and Oven Mitts



**Used to hold hot pans and pots.  
Kitchen safety item.**

