

A cook is someone who makes food for people. They use special tools like pots, pans, and spoons to help them. Cooks can make all kinds of yummy meals, like spaghetti or cookies!

First, they get all the ingredients. Ingredients are all the things they need to cook, like vegetables, meat, or flour. Then, they mix everything together and use heat from the stove or the oven to cook the food. When the food is ready, the cook serves it on a plate!

Cooking can be fun because you can try different flavors and make food look pretty. Some cooks work in restaurants, and some cook at home for their families. Isn't that exciting?