

Kids in the Kitchen

Invite children to help prepare family meals or snacks by giving them a specific task. Be sure to think about the child's age and developmental stage when involving them in food preparation.

Consider the tasks below for ideas on how to involve children of all ages safely in the kitchen:

2 – 4 year olds:

- Wash fruits and vegetables
- Help set the table
- Tear lettuce for a salad
- Sort ingredients
- Pour pre-measured ingredients into a bowl with assistance
- Sprinkle toppings on a salad or pizza

5 – 7 year olds:

- Pour, mix, whisk and stir ingredients together
- Use a cheese or vegetables grater
- Cut vegetables
- Crack eggs
- Drain and rinse beans
- Shape cookies or patties
- Put food on skewers to make kabobs
- Scoop out the inside of an avocado to make guacamole

8 – 9 year olds:

- Use a can opener
- Scoop or pour batter into muffin pans
- Practice math skills to measure ingredients
- Learn how to use stove stop controllers
- Read and follow a recipe
- Work a stove stop or oven with assistance

10 – 12 year olds:

- Use electric appliances like a food processor, blender or a mixer
- Use a pizza cutter
- Put leftovers in storage containers and label with date and food
- Wash dishes

Teens:

- Independently work appliances and follow recipes
- Create their own recipes
- Explore other cuisines
- Try new cooking techniques as they build confidence in their cooking skills

