

Kids in the Kitchen

Children involved in the food shopping and cooking process are more likely to try new foods and be adventurous eaters. Start them out early with these ways they can get involved in the kitchen.

Under 2 can....

- Play with a pot and wooden spoon on the floor
- Peel stickers off fruit/vegetables
- Rinse fruits/vegetables in a sink of water

2-4 can do everything under 2 can and...

- Help put groceries away
- Tear lettuce or greens
- Count and name ingredients
- Place items in the trash can
- Scoop, stir, kneed, and squeeze
- Measure dry ingredients
- Crack an egg

5-9 can do everything 2-4 can and...

- Measure liquids
- Cut soft fruits/vegetables with a child safe knife
- Use an egg beater
- Read a recipe
- Make a grocery list
- Flip pancakes or hamburgers
- Wisk ingredients

By age 10 a child should be able to follow a recipe and prepare a meal with adult supervision!