

Kids in the Kitchen

For any kitchen activity, adult supervision and oversight is essential. Young children need to learn basic kitchen rules, including, how to wash hands well with warm soapy water for 20 seconds, never lick fingers or taste raw ingredients, safety around stoves, knives and other kitchen equipment and the importance of carefully listening to instructions. Additional, food safety information for kids can be found at: <https://www.nutrition.gov/topics/audience/children/kids-food-safety>.

Here are a few examples of age-appropriate activities for younger kids in the kitchen. When assigning tasks keep in mind that children may develop these abilities at different ages, ultimately it is up to their parent/guardian to decide what's appropriate; you know your child best.

At 2-3-years old:

- Wipe tables or prep surfaces
- Help set the table
- Rinse fruits and vegetables/scrub potatoes
- Tear lettuce or greens/pick leaves off fresh herb stems
- Mash potatoes
- Stir ingredients
- Pour pre-measured dry ingredients into a bowl



At 4-5-years old:

Everything that a 2-3-year-old can do plus:

- Set table independently
- Help put away clean pots and pans
- Help put together sandwiches and tossed salads
- Help measure dry ingredients
- Decorate pancakes with fun fruit faces or create "food art" with ingredients like fruits, veggies, nut butters and whole grains



At 6-7-years old:

Everything a 4-5-year-old can do plus

- Measure ingredients
- Crack eggs
- Cut soft fruits with a dull knife
- Drain and rinse canned beans/veggies
- Grease pans
- Peel potatoes or carrots with a peeler
- Shape burgers/meat balls, etc.