

# KIDS IN THE KITCHEN



Helpful tasks  
that kids can  
do to help out!

## 2-3 YEARS OLD

- BREAK BREAD INTO PIECES
- DIP FOODS (E.G. BREAD INTO EGG BATTER)
- PICK FRESH HERB LEAVES OFF THE STEM
- ADD INGREDIENTS TO A BOWL
- CARRY UNBREAKABLE ITEMS TO THE TABLE

## 4-6 YEARS OLD

- HELP POUR BATTER INTO BAKING DISH
- SPREAD BUTTER AND/OR SPREADS
- WASH AND SCRUB VEGETABLES AND FRUITS
- TEAR LETTUCE TO MAKE SALAD
- SET THE TABLE AND CLEAR THE TABLE

## 6-8 YEARS OLD

- FILL AND LEVEL MEASURING CUPS
- RINSE GRAINS AND CANNED BEANS
- SCOOP OUT BAKED POTATOES OR AVOCADOS
- SCOOP BATTER INTO MUFFIN CUPS
- TOSS SALAD INGREDIENTS TOGETHER

## 9-11 YEARS OLD

- PUT AWAY LEFTOVERS
- MAKE THEIR OWN SCHOOL LUNCH
- TRIM AND SLICE VEGETABLES
- MAKE A VEGETABLE OR FRUIT PLATTER
- USE A FOOD PROCESSOR AND STAND MIXER

## 12+ YEARS OLD

- FOLLOW A RECIPE WITHOUT HELP
- USE AN OVEN OR STOVE
- USE A GRATER TO SHRED CHEESE OR CARROTS
- PLAN A DINNER MENU
- SUGGEST OPTIONS FOR USING MEAL LEFTOVERS