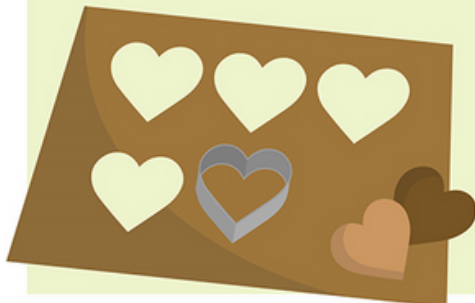


Kid-Friendly Kitchen Tasks

3-5 YEARS OLD

Children at this age love to help in the kitchen, but be sure to supervise them closely.

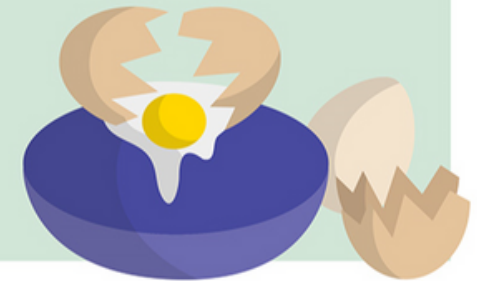


- Use cookie cutters
- Rinse produce in a large bowl filled with water
- Clear tabletops
- Mix simple ingredients
- Use a pastry brush to oil bread, vegetables and other foods
- Use a plastic knife to cut soft fruit or vegetables on a cutting board
- Use pieces of fruit to craft funny fruit faces

6-7 YEARS OLD

Kids can start to handle more complex kitchen tasks as their fine motor skills further develop around this age range.

- Crack eggs into a bowl
- Use a vegetable peeler
- De-seed peppers and tomatoes
- Shuck and rinse corn
- Use blunt scissors to cut green onions, parsley and other herbs
- Stir and prepare instant pudding
- Prepare lettuce for a salad



8-9 YEARS OLD

Skills and abilities within this age range tend to vary. Tailor cooking tasks to the child's maturity level.



- Rinse and clean vegetables
- Use a can opener
- Beat eggs
- Measure and mix dry ingredients
- Use a food thermometer
- Juice citrus fruits
- Pound chicken on a cutting board

10-12 YEARS OLD

Help preteens feel independent in the kitchen by providing them with more responsibilities (but still keep an eye on them).

- Boil pasta and vegetables
- Simmer ingredients on the stovetop
- Follow a simple step-by-step recipe
- Slice and chop vegetables
- Bake and microwave foods



DON'T FORGET FOOD SAFETY BASICS



Clean all countertops and kitchen surfaces before cooking.



Never taste food until it is done cooking.



Pull back long hair.



Always cook with adult supervision.



Wash hands in warm, soapy water before and after handling food.



Always use clean utensils.

➔ **HELPFUL TIP:** To ensure all germs are killed, wash hands for at least 20 seconds or as long as it takes to sing "Happy Birthday" twice.