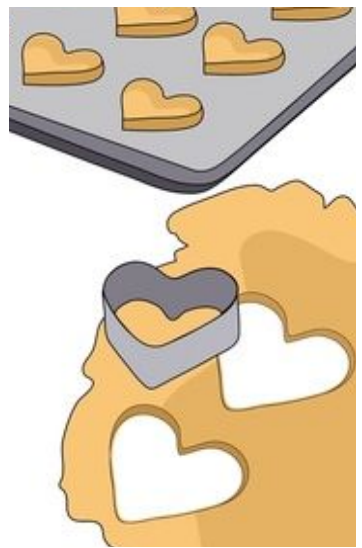


# AGE APPROPRIATE KITCHEN ACTIVITIES

As we continue to spend more time at home, we continue to cook and bake more meals at home as well. Home cooking allows you to control what your family eats and what goes into each meal. Did you know getting your kids involved in the cooking process can help increase their willingness to try and enjoy new foods? Kids of every age can help in the kitchen. Certain kitchen activities take different levels of skill and below outlines which are appropriate for all different ages!

## 3 - 5 YEAR OLDS

MAKE SURE TO KEEP AN EYE ON THIS AGE GROUP WHILE THEY START GETTING INVOLVED IN THE KITCHEN



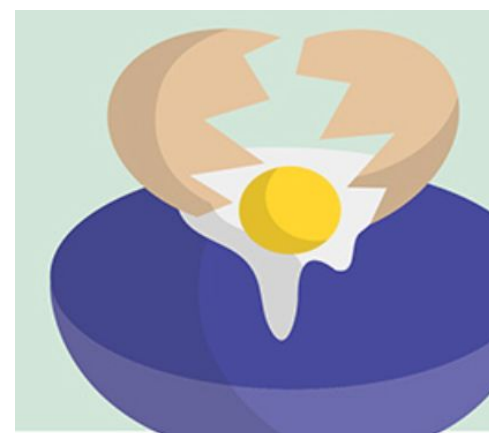
Use a cookie cutter



Rinse produce in a bowl full of water



Brush oil on vegetables or breads



Cracks eggs into a bowl



Cut herbs with a dull scissor



Prepare lettuce for salad



Mix simple ingredients



Play with food to make fun designs



Wipe countertops clean



Use a vegetable peeler



Mix ingredients for pudding



Shuck and rinse corn

## 8 - 9 YEAR OLDS

TAILOR ACTIVITIES IN THIS AGE GROUP TO CHILD'S MATURITY LEVEL, AS SKILLS AND ABILITIES TEND TO VARY GREATLY IN THE KITCHEN



Rinse fruits and vegetables by hand



Whisk eggs



Measure dry ingredients



Boil pasta and vegetables on stove top



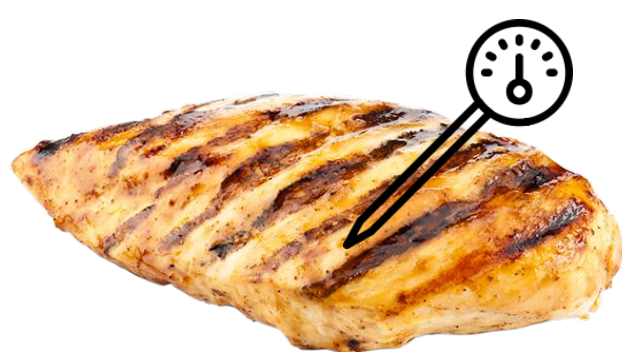
Follow step-by-step recipe



Bake and microwave food



Use a can opener



Use a food thermometer



Pound meat on a cutting board



Slice and chop vegetables



Juice citrus fruits by hand



Simmer ingredients on stove top

## 10 - 12 YEAR OLDS

STILL KEEP AN EYE ON THIS AGE GROUP, BUT THESE ACTIVITIES CAN HELP PRETEENS FEEL INDEPENDENT WHILE IN THE KITCHEN