

# Get Kids in the Kitchen

## Let your kids help!

Kids love to help. Letting your kids help you cook is a great way to teach them about healthy food. It is also a good way to get them to try new foods. Use the guide below to see how even young kids can help in the kitchen.



### 2-year olds can:

- \* Wipe tablecloths
- \* Wash fruits and vegetables
- \* Tear lettuce or greens
- \* Break cauliflower or broccoli into pieces
- \* Carry ingredients from one place to another

### 3-year olds can:

- \* Knead and shape dough
- \* Mix or pour ingredients
- \* Shake liquids in a covered container to mix them
- \* Apply soft spreads like peanut butter or light cream cheese
- \* Put things in the trash

### 4-year olds can:

- \* Peel oranges or hard-boiled eggs
- \* Mash bananas or cooked beans with a fork
- \* Cut herbs and green onions with kid-safe scissors
- \* Set the table

### 5 to 6-year olds can:

- \* Measure ingredients
- \* Use an egg beater

### 7 and up can:

- \* Read recipes
- \* Help with shopping and planning meals
- \* Read nutrition labels and learn about healthy foods
- \* Use a microwave



### Be Safe in the Kitchen

- \* An adult should always supervise kids in the kitchen.
- \* Wash hands before and after cooking.
- \* Keep knives and sharp objects out of reach.
- \* Have a step stool so younger kids can reach the counter and sink.

