

Activities for Kids in the Kitchen

At 2 years:

- Wipe tables
- Place things in trash
- Help "read" a cookbook by turning the pages
- Rinse vegetables or fruits

At 3 years:

All that a 2 year old can do, plus:

- Add ingredients to a mixing bowl
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Knead and shape dough
- Name and count foods
- Help put ingredients on a pizza
- Prepare fruits and vegetables without a knife (snapping beans, husking corn, tearing lettuce)

At 4 years:

All that a 3 year old can do, plus:

- Set the table
- Peel hard-cooked eggs
- Peel fruits by hand, such as oranges and bananas
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

At 5 years:

All that a 4 year old can do, plus:

- Use a scrub brush to clean hard fruits and vegetables
- Use measuring cups and spoons for dry and liquid ingredients
- Stir ingredients in a bowl
- Use a dull knife to spread



Don't forget to wash your hands

