

KITCHEN TASKS BY DEVELOPMENT STAGE

Here are some examples of ways to get kids of all ages involved in the kitchen.

TODDLER (AGES 2-3)

- Breaking vegetables into pieces
- Using a rolling pin
- Stir ingredients
- Rolling mixtures into balls
- Breaking apart vegetables



PRE-SCHOOL (AGES 3-5)

- Washing fruit and vegetables
- Stirring, mixing and mashing ingredients
- Cutting soft fruits/vegetables with child safe knives/plastic/ butter knives
- Brush (or "paint") cooking oil with a clean pastry or basting brush

SCHOOL AGED (AGES 5-12)

- Read a recipe
- Crack eggs
- Using a grater or peeler
- Using a hand mixer
- Weighing and measuring ingredients

