

# AGE-APPROPRIATE 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



When kids help out in the kitchen, they not only have fun, but also learn cooking skills, food safety basics and proper nutrition. Plus, they can further develop math, reading, science and fine motor skills — all while spending time together as a family.

## 6-7 YEARS OLD

- 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

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



## 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

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

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



Kids Eat Right: [www.kidseatright.org](http://www.kidseatright.org)  
Home Food Safety: [www.homefoodsafety.org](http://www.homefoodsafety.org)  
Academy of Nutrition and Dietetics: [www.eatright.org](http://www.eatright.org)



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