

Kids in the Kitchen

Children thrive in environments that allow them to showcase their freedom, creativity and individuality. Getting your kids involved in the cooking process can help them cultivate their independence while strengthening family bonds. Give your children age-appropriate food preparation tasks to present them with responsibility, help them learn basic culinary skills and create priceless memories.

AGES 2-5

- Setting the table
- Setting timers
- Gathering ingredients and equipment
- Stirring, kneading and scooping batter
- Adding premeasured seasonings
- Squeezing lemons
- Topping pizzas with ingredients
- Decorating desserts

AGES 6-8

- Measuring ingredients
- Greasing and flouring pans
- Whisking eggs and liquid ingredients
- Washing fruits and vegetables
- Mashing potatoes or other cooked vegetables
- Gathering ingredients and reading recipes independently

AGES 9-12

- Rolling dough
- Cracking eggs
- Trimming, slicing and cutting vegetables
- Using an electric mixer, food processor or pizza cutter
- Developing knife skills to efficiently chop, dice and mince ingredients
- Placing foods in and removing from the oven
- Checking food temperatures using thermometers
- Following simple baking recipes independently

AGES 13+

- Using all kitchen appliances
- Preparing more advanced or complete meals

