

The Thrill of Skill

Age-Appropriate Kitchen Tasks

Let older children help teach younger ones – everyone benefits!

2 years old:

Proper hand washing
Wipe table tops
Play with safe utensils
Scrub, wash, tear, snap, break into pieces
Move pre-measured ingredients from one place to another
Add ingredients to a bowl

3 years old: *All of the above plus...*

Handle dough, begin kneading, simple shaping
Pour cool liquids into mixture
Mix dry ingredients with wire whisk or spoon in extra large bowl
Shake liquids
Spread soft spreads
Place things in trash

4 years old: *All of the above plus...*

Peel loose skinned oranges; hard cooked eggs
Form round shapes with dough
Mash fruits (bananas) or cooked vegetables
Cut with dull scissors (snip green onions, dried fruits)
Set table

5 to 6 years old: *All of the above plus...*

Help measure dry ingredients (stir, spoon, level)
Cut with a blunt knife (plastic or tableware)
Use a hand held egg beater or whisk
Crush crackers in a bag with a rolling pin
Sprinkle ingredients on salads, cakes, cookies, casseroles

6 to 8 years old: *All of the above plus...*

Clean surfaces before and after
Wash fruits and/or vegetables
Gather ingredients and equipment
Grease or spray baking pans
Measure dry ingredients
Measure liquid ingredients
Add measured dry and liquid ingredients into mixing bowl
Learn to crack eggs
Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
Push buttons on blenders, processors with adult
Knead dough
Preheat oven (adults help load products in hot oven)
Wash dishes, put away ingredients or utensils

9 to 12 years old: *All of the above plus...*

Learn safe knife skills (chopping, dicing, and cutting)
Handle food equipment safely
Place oven racks and load oven (while oven is cold)
Safe operation of electric equipment (mixer, microwave, bread machine food processor, etc.)
Follow a recipe (measure accurately, prepare a product)
Read ingredient and food labels
Safely handle/store ingredients/finished products
Plan and prepare simple meals, snacks
Clean up (how and what to wash in dishwasher or by hand)

13 years old and up: *All of the above plus...*

Tasks requiring multiple preparation steps or close timing
Create new flavor combinations, shapes or decoration
Plan and prepare whole menus for meals or entertaining
Make shopping lists and shop for ingredients
Help younger children learn about food and how to prepare
Enjoy cooking with peers

