



Remember that it is important that your children have adult supervision while they are cooking, especially when exposed to heat or sharp utensils.

Age 2:

- cleaning vegetables with brushes
- stirring with non-sharp utensils
- scooping dry ingredients
- pressing buttons on a blender, microwave or food processor
- wiping down tables or cooking surfaces

Ages 3-5:

- decorating cakes or cookies
- measuring
- washing fruits and vegetables
- sifting flour
- kneading bread
- spreading foods with butter knives or spatulas
- peeling fruits, vegetables (corn) or eggs
- mashing food

Ages 6-7:

- beating eggs or batter
- using a rolling pin to roll dough

Ages 8-9:

- cutting fruits, vegetables or bread

Ages 10-11:

- helping with simple stovetop skills, such as boiling water, cooking pasta, making a stir-fry

Ages 12-14:

- Teenagers can start to be in charge of the recipe, and you can help as their assistant

