

# Kids in the Kitchen



## Welcome helping hands!


Enjoy precious memories with your kids as they learn to help you prepare meals.

Here are ways young kids can help in the kitchen:

### At 4-5 years old:

- Wash fruits and veggies
- Help assemble pizza
- Peel eggs
- Tear lettuce
- Set table

### At 6-7 years old:

- Measure liquids
  - Help form hamburger patties
  - Peel veggies with child-safe peeler
  - Use a can opener
  - Grate cheese
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### At 8-9 years old:

- Scoop batter into muffin tins
- Put away leftovers
- Help with dishes
- Cut veggies and fruits with dull knife

### At 10-12 years:

- Scramble eggs
- Boil pastas such as spaghetti
- Use the oven for baking
- Make pancakes

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods. Children are less likely to reject foods that they help make. This is a good way to get them to try new, healthy foods.



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