

HOW TO INCLUDE YOUR KIDS In The Kitchen

(BY AGE)

TODDLERS:

- WASH FRUITS AND VEGGIES
- PEEL STICKERS OFF FRUITS AND VEGGIES
- DUMP INGREDIENTS TO A BOWL
- WHISK/MIX INGREDIENTS
- PUT MUFFIN CUPS INTO MUFFIN TINS
- TEAR LEAFY GREENS
- HAND YOU UTENSILS SUCH AS A WOODEN SPOON
- PRESS THE "ON" BUTTON ON THE RICE COOKER
- ADD TOPPINGS TO SALADS, OATMEAL, PASTA ETC.
- WIPE TABLETOPS

PRESCHOOL/KINDERGARTENERS:

- REMOVE EGGSHELLS FROM HARD-BOILED EGGS
- POUR FROM A SMALL PITCHER OR MEASURING CUP
- HUSK CORN
- MAKE A SANDWICH OR PIZZA WITH PRE-ASSEMBLED INGREDIENTS
- CUT SPAGHETTI OR LINGUINI WITH A PLASTIC KNIFE OR KID'S SCISSORS
- MASH FRUITS AND VEGGIES LIKE SWEET POTATOES, TURNIPS, CARROTS OR BANANAS
- PEEL ORANGES
- ASSEMBLE A COLOURFUL FRUIT SALAD
- PICK & RINSE FRUITS AND VEGGIES FROM GARDEN
- SPREAD PEANUT BUTTER ON TOAST AND ADD TOPPINGS
- HELP WITH MENU PLANNING
- SET, SERVE AND CLEAR THE TABLE

SCHOOL-AGED:

- ASSEMBLE FOODS SUCH AS A YOGURT PARFAIT, SMOOTHIE, OR SALAD
- STIR INGREDIENTS TOGETHER (LIKE MUFFINS, PANCAKES, SAUCES)
- SLICE SOFT-COOKED VEGETABLES, SOFT FRUIT, CHEESE OR TOFU WITH PLASTIC KNIFE
- SPIRALIZE VEGGIES
- BEAT AN EGG
- USE SIMPLE KITCHEN EQUIPMENT (IE. GRATER, TOASTER, BLENDER)
- SET THE TABLE ON THEIR OWN
- POUR WATER OR MILK
- MEASURE INGREDIENTS
- FLIP PANCAKES OR FRENCH TOAST (WITH YOUR SUPERVISION)
- POUR MUFFIN BATTER INTO MUFFIN CUPS AND PUT THEM IN THE OVEN
- ASSEMBLE A PASTA SALAD BY COMBINING ALL OF THE INGREDIENTS AND TOSSING WITH SALAD DRESSING