



Kids Helping in the Kitchen

PRESCHOOL (2 - 5 YEARS OLD)

Yes, children this age can help. It may be a little messy, but they can begin to learn basic concepts in the kitchen. Keep tasks simple since children at this age don't have long attention spans.

- Stir batter in a bowl
- Wash/strain fresh produce or beans
- Assist with a salad spinner or tear lettuce
- Pour liquid ingredients
- Spread peanut butter on toast
- Mash cooked veggies
- Roll out dough (e.g., pie crust, cookie or pizza dough)
- Use cookie or biscuit cutters
- Whisk eggs
- Cut soft fruits or veggies with a plastic knife
- Measure liquid and dry ingredients
- Ask food colors (e.g. "Place red fruit in the bowl!")

PRETEENS (9 - 12 YEARS OLD)

At this age, kids should be able to read labels, follow simple recipes, and prepare many parts of dishes by themselves. They should feel comfortable with basic knife skills and turning on appliances.

- Slice veggies and fruit
- Put foods in and out of the oven
- Bake muffins
- Knead dough
- Cook soup
- Use appliances such as a panini press, food processor, blender, and mixer
- Steam rice
- Roast veggies
- Cook pancakes on a griddle
- Use larger knives
- Make a pizza
- Make lunch for school
- Load/unload dishwasher

YOUNG SCHOOL KIDS (6 - 8 YEARS OLD)

As kids learn to read, the perfect activity is to read cookbooks and follow recipes with children at this age. This age group still needs close supervision at all times when in the kitchen.

- Frost cupcakes or cookies
- Mix cookie dough
- Use a can opener or garlic press
- Grate cheese with a hand grater
- Peel produce
- Assemble a simple fruit salad, sandwich, or salad
- Use pairing or other small knives
- Boil eggs and pasta
- Flip eggs or grilled cheese sandwiches on a griddle

TEENAGERS (13 - 17 YEARS OLD)

Teens don't need close supervision and could prepare meals for the family.

- Use all kitchen appliances and clean sharp blades (e.g., blender)
- Develop knife skills to efficiently chop, dice, and mince
- Use a slicer like a mandolin or spiralizer
- Make risotto or a simple stir-fry
- Marinate foods
- Pan-fry steak, chicken, or other foods
- Clean out grills

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