



# Kitchen Skills for Kids

## Ages 2 - 4

- ✓ Adding and stirring ingredients
- ✓ Rolling out dough
- ✓ Using cookie cutters
- ✓ Washing produce
- ✓ Tearing lettuce for a salad
- ✓ Cutting soft foods (butter, bananas, etc.) with a plastic or butter knife
- ✓ Using measuring spoons and cups\*

## Ages 4 - 6

- ✓ Gathering ingredients
- ✓ Using a juicer
- ✓ Spreading peanut butter, jelly, etc. on bread
- ✓ Mashing foods (such as bananas or potatoes)
- ✓ Grating cheese\*

## Ages 6 - 8

- ✓ Frosting cupcakes
- ✓ Making their own school lunches
- ✓ Breaking eggs
- ✓ Greasing and flouring pans
- ✓ Using a toaster\*
- ✓ Using the microwave\*
- ✓ Cutting with a kid's knife or paring knife\*

## Ages 8 & Up

- ✓ Using a peeler
- ✓ Using a can opener
- ✓ Using a hand mixer
- ✓ Using the stove and oven\*
- ✓ Planning and cooking a simple meal\*

\*with supervision