



Get Children Involved

Cooking with children adds to their foundation of healthy eating habits, helps them learn basic math skills, language skills, and builds self-confidence. Things to keep in mind when cooking with children:

- Include varying ages and abilities to participate in food preparation.
- Assign tasks appropriate for a child's age and skill level.
- Adjust tasks to accommodate different abilities.
- Have everyone wash their hands with soap and warm water before starting a food preparation or tasting activity.
- Keep safety in mind.

COOKING ACTIVITIES by AGE	2 YEARS	3 YEARS	4 YEARS	5 YEARS
Wipe tables	X	X	X	X
Hand items to adult to put away	X	X	X	X
Place things in trash	X	X	X	X
Tear lettuce or greens	X	X	X	X
Snap green beans	X	X	X	X
Add ingredients		X	X	X
Scoop and stir		X	X	X
Squeeze citrus fruits		X	X	X
Knead and shape dough		X	X	X
Help assemble a pizza		X	X	X
Peel eggs and some fruits, such as oranges and bananas			X	X
Set the table			X	X
Crack eggs			X	X
Help measure dry ingredients			X	X
Help make sandwiches and tossed salads			X	X
Measure liquids				X
Cut soft fruits with a dull knife				X
Use an egg beater				X

Source: [ChooseMyPlate.gov/preschoolers-picky-eating](https://www.choosemyplate.gov/preschoolers-picky-eating) "Kitchen Helper Activities."
Available from www.choosemyplate.gov/preschoolers-picky-eating