

# HOW CAN KIDS HELP IN THE KITCHEN?



## Fuel Your Family

### Kids Age 2 Can:

- Wipe table tops
- Snap green beans
- Break cauliflower
- Wash salad greens
- Scrub vegetables
- Put bread in the toaster



### Kids Age 3 Can:

- Spread soft spreads
- Place things in the trash
- Pour liquids
- Mix ingredients
- Pour cereal and other boxed items
- Clear their place at the table

### Kids Age 4 Can:

- Peel oranges
- Mash bananas using a fork
- Set the table
- Peel hard-cooked eggs
- Knead dough
- Unload the dishwasher



### Kids Age 5 to 6 Can:

- Measure ingredients
- Use an egg beater
- Break eggs into bowl
- Cut with a blunt knife

For additional tips and kid-friendly recipes and videos visit:

**<https://www.kidsacookin.org/index.html>**

Source: <https://www.kidsacookin.org/cooking-with-kids.html>

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