

# The Thrill of Skill

## Age-Appropriate Kitchen Tasks

*Let older children help teach younger ones – everyone benefits!*

### 2 years old:

Proper hand washing  
Wipe table tops  
Play with safe utensils  
Scrub, wash, tear, snap, break into pieces  
Move pre-measured ingredients from one place to another  
Add ingredients to a bowl

### 3 years old: *All of the above plus...*

Handle dough, begin kneading, simple shaping  
Pour cool liquids into mixture  
Mix dry ingredients with wire whisk or spoon in extra large bowl  
Shake liquids  
Spread soft spreads  
Place things in trash

### 4 years old: *All of the above plus...*

Peel loose skinned oranges; hard cooked eggs  
Form round shapes with dough  
Mash fruits (bananas) or cooked vegetables  
Cut with dull scissors (snip green onions, dried fruits)  
Set table

### 5 to 6 years old: *All of the above plus...*

Help measure dry ingredients (stir, spoon, level)  
Cut with a blunt knife (plastic or tableware)  
Use a hand held egg beater or whisk  
Crush crackers in a bag with a rolling pin  
Sprinkle ingredients on salads, cakes, cookies, casseroles

### 6 to 8 years old: *All of the above plus...*

Clean surfaces before and after  
Wash fruits and/or vegetables  
Gather ingredients and equipment  
Grease or spray baking pans  
Measure dry ingredients  
Measure liquid ingredients  
Add measured dry and liquid ingredients into mixing bowl  
Learn to crack eggs  
Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)  
Push buttons on blenders, processors with adult  
Knead dough  
Preheat oven (adults help load products in hot oven)  
Wash dishes, put away ingredients or utensils

### 9 to 12 years old: *All of the above plus...*

Learn safe knife skills (chopping, dicing, and cutting)  
Handle food equipment safely  
Place oven racks and load oven (while oven is cold)  
Safe operation of electric equipment (mixer, microwave, bread machine food processor, etc.)  
Follow a recipe (measure accurately, prepare a product)  
Read ingredient and food labels  
Safely handle/store ingredients/finished products  
Plan and prepare simple meals, snacks  
Clean up (how and what to wash in dishwasher or by hand)

### 13 years old and up: *All of the above plus...*

Tasks requiring multiple preparation steps or close timing  
Create new flavor combinations, shapes or decoration  
Plan and prepare whole menus for meals or entertaining  
Make shopping lists and shop for ingredients  
Help younger children learn about food and how to prepare  
Enjoy cooking with peers

