

Age appropriate Cooking Skills

(Use your best judgement, every child is different)

age 2+

- Washing vegetables - this is a great way of teaching them the names of vegetables and sparking an interest which will hopefully encourage them to try different foods
- Stirring ingredients
- Mashing with a fork
- Sprinkling
- Pouring
- Washing dishes
- Intro to macro nutrients (what is a Protein, Carb, or Fat)Intro to food safety (washing hands, clean work surfaces)

age 3+

- Breading and flouring
- Mixing
- Kneading -dough
- Rolling, shaping and cutting dough - choose plastic cutters and a small rolling pin
- Spreading - butter, PB, jelly, on toast or pancakes
- Brushing -oils on vegetables
- Wiping the table or counter tops
- Cracking eggs

age 5+

- Cutting using a small knife - children should learn how to form their hand into a claw to keep fingertips out of danger
- Cutting with scissors - if you can get smaller scissors or children's scissors, use them to snip herbs
- Grating - fingers can easily be grated so keep watch and make sure they don't get too close to the end of whatever they're grating
- Measuring - even the very youngest children can do this but as children learn to read and do basic maths, this is a great opportunity for them to do this with less supervision
- Rubbing on spices (meats-discuss the importance of hand washing)
- Beating and folding ingredients (cakes, doughs)
- Greasing and lining a cake tin or tray
- Peeling (oranges, hard boiled eggs)
- Setting the table
- Operating the microwave
- Safely using the stovetop

age 8+

- Planning the family meal
- Following a simple recipe
- Finding ingredients in the cupboards and fridge
- Using a peeler
- Whisking, using a balloon whisk or handheld mixer
- Turning on the stove (talk about safety and always having supervision)
- Opening cans
- Loading the dishwasher

age 12+

- Explore recipes
- Improvise and try new things
- Kitchen equipment use without constant supervision (blender, kitchen aid, mixer, oven, microwave)
- Quantities (halving or doubling recipes)
- Food safety -cooking meat to proper temperature, refrigerate foods

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