

# Kids in the Kitchen\*

## TWO-YEAR-OLDS

- Clean vegetables with brushes.
- Wiping tables.
- Tear, break, and snap foods.
- Dipping fruits and vegetables.

## THREE-YEAR-OLDS

- Wrap foil around food.
- Wrap dough around meat or vegetable fillings to make many cultural dishes.
- Press dough into baking pan.
- Pour from small plastic pitchers. (Practice at the sink or in the sandbox.)
- Mix with hands or a wooden spoon in a container twice the size of the amount of the mixture.
- Shake small jars of food.
- Spread foods using dull table knives or small spatulas.

## FOUR-YEAR-OLDS A

- Use fingers to peel eggs, oranges, corn, etc.
- Roll and flatten food.
- Mash foods.

## FIVE-YEAR-OLDS

- Measure ingredients.
- Cut soft foods.
- Teach knife safety: **“Always supervise this activity”**  
Use a cutting board, a knife that fits their hands, and a plastic serrated knife for soft foods. Show how to hold a knife and cut safely.
- Grate food.
- Beat with an egg beater.



\*Adapted from “Parents and Children Growing Together”, Washington State University, Cooperative Extension.



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