

HOW TO INCLUDE KIDS IN THE KITCHEN

Kids of every age can play a role in the kitchen! The more they're exposed to food and cooking, the more likely they are to build a curiosity and appreciation for food and health. Here are some great ways to include kids of any age in the cooking process.

AGE PARTICIPATION GUIDE

TODDLERS 4 - 7 YRS 8 - 11 YRS 12 & UP



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IMPROVE THEIR ARITHMETIC



Add pre-measured ingredients



Measure and weigh ingredients



Scale and adjust ingredients



OPERATING TOOLS & APPLIANCES



Hold down buttons (salad spinner, food processor, blender) with supervision



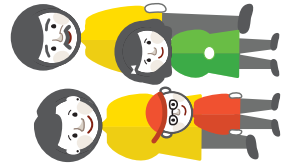
Operate tools and appliances on their own



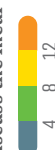
SHARING COOKING KNOWLEDGE



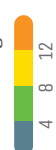
Introduce names of ingredients



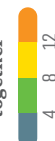
Describe tastes and textures and discuss the meal



Taste things



Brainstorm meal ideas together



Grow a garden



PREPPING & CHOPPING



Tear greens by hand (lettuce, kale, chard)



Use scissors to trim beans, peas, bell peppers



Prep easy-to-chop ingredients with a regular knife



Prep easy-to-chop ingredients with a kid's knife



Prep ingredients with a chef's knife



COOKING



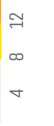
Assemble pizzas and casseroles



Stirring and shaking (soups, breadings)



Put in charge of making salad dressings



Seasoning and tenderizing meats with a fork



Be responsible for a part of dinner

