

SNACK CLUB

Supporting Nourished, Active Children in Kentucky

EPISODE 8

COOKING, KITCHEN, AND GARDENING TASKS: AGE-BASED IDEAS FOR ENGAGING WITH FOOD OUTSIDE MEALTIME

Age Group	Cooking Tasks	Kitchen Tasks	Gardening Tasks
Under 2 years	Very young children are not quite ready to help in the kitchen. Encourage them to play with pots, pans, or storage containers nearby. They can play with toy food or kitchen sets. Tell them what is going on in the kitchen.		
2-3 years	<ul style="list-style-type: none"> Wash fruits and vegetables Knead and mix with hands Tear or break foods into pieces Use a rolling pin Use a cookie cutter Roll mixtures into a ball Squeeze lemons and limes 	<ul style="list-style-type: none"> Put things in the trash 	
3-5 years	<ul style="list-style-type: none"> Dump ingredients in a bowl Stir and mix Mash foods Cut, chop, or slice with plastic, kid-safe knives Spread butter with a butter knife Scrape batter down a bowl Brush oils on food with a pastry brush Cut green onions and herbs with blunt kitchen scissors Peel fruits and vegetables with peeler Deseed fruits and vegetables with a spoon 	<ul style="list-style-type: none"> Put things away Fill drink cups Help set the table Move dirty dishes to the sink Wipe tables and countertops 	<ul style="list-style-type: none"> Planting large seeds Watering plants Pulling weeds Harvesting

Age Group	Cooking Skills	Kitchen Skills	Gardening Tasks
6-7 years	Measure ingredients (with help) Crack eggs in a bowl Shuck corn Snap green beans Grease pans Peel fruit with fingers Skewer foods Bread, flour, and dip foods Sprinkle ingredients Juice lemon, lime, or orange using a juicer	Gather ingredients Load dishwasher Wash dishes	Make plant markers Read seed packets
8-9 years	Weigh and measure ingredients Beat eggs Open cans with can opener Use food thermometer to check temperature of food Use an oven or microwave Pound foods with a kitchen mallet Pour from a container Drain canned foods Shake liquids in a closed container Use a hand mixer	Set the table Store and refrigerate leftovers	Help design and build a garden
10+ years	Follow a recipe Cut, slice, and chop with kitchen knives Simmer ingredients on stovetop Boil pasta Bake foods in the oven	Once children show they can follow kitchen safety rules, they can begin doing things on their own.	Increased independence in the design, building, and care of the garden