

Kids in the Kitchen Guidelines

Kids ages 3 – 5 can...

- get ingredients out of the refrigerator
- lick the cake batter off of a spoon
- mix ingredients together in a bowl
- pour cool liquids into a bowl
- wash fruits and vegetables off under cold water
- use a cookie cutter to cut shapes out of cookie dough

Kids ages 6 – 8 can...

- open packages
- use a butter knife to spread frosting, peanut butter, soft cheese, etc.
- peel vegetables
- measure ingredients
- stir ingredients
- set the table

Kids ages 9 – 12 can...

- begin to follow a recipe
- open cans
- use electrical appliances i.e. blenders microwave, toaster oven, etc.
- make a salad
- use a grater to shred cheese and vegetables
- turn stove burners on and off
- help plan a meal

Kids ages 13 & above can...

- operate the stove or oven without adult present
- heat up food in the microwave without adult present
- drain cooked pasta into a colander
- take a tray of cookies out of the oven

Prevent Cooking Fires
Watch What You Heat