

Activities for Kids in the Kitchen

At 2 years:

- Wipe tables
- Place things in trash
- Help "read" a cookbook by turning the pages
- Rinse vegetables or fruits

At 3 years:

All that a 2 year old can do, plus:

- Add ingredients to a mixing bowl
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Knead and shape dough
- Name and count foods
- Help put ingredients on a pizza
- Prepare fruits vegetables without a knife (snapping beans, husking corn, tearing lettuce)



Don't forget to wash your hands

At 4 years:

All that a 3 year old can do, plus:

- Set the table
- Peel hard-cooked eggs
- Peel fruits by hand, such as oranges and bananas
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

At 5 years:

All that a 4 year old can do, plus:

- Use a scrub brush to clean hard fruits and vegetables
- Use measuring cups and spoons for dry and liquid ingredients
- Stir ingredients in a bowl
- Use a dull knife to spread





Cooking Measurements		
1 Tablespoon	=	3 Teaspoons
1/4 Cup	=	4 Tablespoons
2 Fluid Ounces	=	1/4 Cup
1/2 Cup	=	8 Tablespoons
4 Fluid Ounces	=	1/2 Cup
3/4 Cup	=	12 Tablespoons
6 Fluid Ounces	=	3/4 Cup
1 Cup	=	16 Tablespoons
8 Fluid Ounces	=	1 Cup
1 Pint	=	2 Cups
1 Quart	=	1 Pint
1 Gallon	=	4 Quarts
16 Ounces	=	1 Pound

Get Started Cooking!

- Wash hands with soap and water before touching food.
- Tie long hair back.
- Roll shirt sleeves up so they do not get wet or dirty.



Kitchen Safety

1. A grown-up must be in the kitchen during all activities, including cooking and cleaning up.
2. Start with a clean kitchen. Wipe down countertops and put away things that you will not need.
3. Knives and sharp kitchen tools should be kept out of reach of children and away from their working space.
4. Don't allow your child near a hot stove or oven.
5. Keep pot handles pointed towards the center when they are placed on the stove.
6. Read the recipe out loud to your child and work slowly, doing one job at a time.

Steaming Vegetables

Vegetable	Steam Time (minutes)
Artichoke	25-30
Asparagus	4-5
Broccoli	5-6
Cabbage	7-8
Carrots	5-6
Cauliflower	5-6
Green Beans	5-6
Peas	3-5
Spinach	3-5

Overcooking vegetables lowers the nutrition in them. When cooking aim for a bright color and slight crunch.

Cooking Grains

1 Cup of Grain	Cups of water	Cooking (minutes)
Bulgar	2	15
Couscous	1	10
Quinoa	2	20
Brown Rice	2	40
White Rice	1	15

Cooking times are estimates. Follow package directions for best results.

Knives

<p><u>Bread Knife (8"-10" blade)</u></p> 	<p><u>Best for:</u></p> <ul style="list-style-type: none"> • Bread • Fruit & Vegetable • Cooked Meats
<p><u>Hollow Edge Knife</u></p> 	<ul style="list-style-type: none"> • Fruit & Vegetable
<p><u>Chef Knife (5"-10" blade)</u></p> 	<ul style="list-style-type: none"> • Meat • Cheese • Fruit & Vegetable
<p><u>Paring Knife (2"-4" blade)</u></p> 	<ul style="list-style-type: none"> • Cheese • Fruit & Vegetable