

Kids in the Kitchen

Getting kids to help in the kitchen can be a fun way for them to learn. Cooking teaches math, science, language, and fine motor skills.



Teach safety first. Wash hands, pull back long hair, keep raw meat separate from other food, avoid touching sharp or hot kitchen items, and cook food to proper temperatures.

Supervise. Keep an eye on your kids to ensure safety. Show them how to do new skills before letting them try on their own.

Let them plan. Kids can help choose recipes or pick out food at the store. This makes them feel included in the process from start to finish.

Make it kid-friendly. Small kitchen tools and plastic utensils can make it easier for kids to help. Use a step stool to give them better access to countertops.

Encourage creativity. Allow kids to experiment with flavors and combinations. Kids can create their own snacks, make a sandwich, or put toppings on pizza.

Keep it quick. Kids have short attention spans, so aim for 10-20 minutes of help at a time. Keep tasks short and simple.

Clean up. Kids may be messy, but cleaning up can be part of the fun. They can wipe countertops and put away kitchen items.

Praise. Let kids know that their help is valuable. Be patient and praise their efforts to build confidence.

Choose age-appropriate tasks. See the chart below for a few ideas.

2-4 Years Old	4-6 Years Old	6-8 Years Old
<ul style="list-style-type: none">• Set the table.• Stir food in a bowl.• Rinse fruits and veggies.	<ul style="list-style-type: none">• Measure food.• Pour food into a bowl.• Mash or mix food.	<ul style="list-style-type: none">• Read simple recipes.• Use small appliances.• Crack eggs into a bowl.



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