

# How to cook with kids at any age

## AGE APPROPRIATE TASKS FOR KIDS IN THE KITCHEN

### 1. TODDLERS - 6 YR OLD

Peeling fruit such as mandarin and boiled eggs  
 Juicing citrus fruit on a manual juicer  
 Crack eggs  
 Stir or whisk easy batters such as pancakes  
 Scoop batters or dough  
 Pour liquids  
 Measure dry ingredients with cups  
 Use cookie cutters

### 2. 6-8 YEAR OLD

- Rolling out dough
- Cutting soft vegetables
- Shaping biscuits
- Using grater for vegetables and cheese
- Crumbing meats
- Whisking easy batters
- Using simple icing on cupcakes and cakes
- Buttering bread or using spreads

### 3.) 8-12 YEAR OLD

- Use chef knife to chop vegetables
- Slice and dice meats
- Use food processor and blender
- Measure using scales and jugs
- Putting food into oven and removing it
- Frying simple items
- Making basic pasta sauces

### 4. 12-16 YEAR OLD

- Use all kitchen appliances
- Develop confidence and ease with a knife to do more complex chopping and slicing
- Baking more complicated recipes
- Frying/Sauteing multi step recipes
- Deep frying under supervision



# How to bake with kids at any age

## AGE APPROPRIATE TASKS FOR KIDS IN THE KITCHEN

### 1. TODDLERS - 6 YR OLD

- Crack eggs
- Stir or whisk easy batters such as pancakes
- Scoop batters or dough
- Pour liquids
- Measure dry ingredients with cups
- Use cookie cutters
- Smell ingredients such as spices

### 2. 6-8 YEAR OLD

- Rolling out dough
- Read quantities of ingredients
- Shaping biscuits
- Whisking easy batters
- Using simple icing on cupcakes and cakes
- Set timer for recipe

### 3.) 8-12 YEAR OLD

- Read recipe instructions out loud
- Kneading soft doughs
- Measure using scales and jugs
- Putting food into oven and removing it
- Lining trays with baking paper
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### 4. 12-16 YEAR OLD

- Use all kitchen appliances
- Cook basic recipes independently or with minimal instruction
- Baking more complicated recipes
- Cook more time consuming recipes
- Ice cakes and cupcakes with piping bag
- Make and line pie dish with pastry

