



How kids can help in the kitchen

Age- Appropriate activities to get kids interested in the food they eat

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0 to 18 months:

- Watch you slice, dice, and pour. Watch the cooking process
- Talk about each step and what the ingredients feel and taste like
- Let them taste test (when eating solids)
- Let your little one sit on the counter and play with bowls, spatulas and whisks.



18 months to 3 years:

- Taste test and describe ingredients; color, texture, number, temperature
- Pour "premeasured" ingredients into a bowl
- Help stir or move chopped ingredients to the bowl
- Wipe down surfaces



3-4 years:

- Rinse and wash produce, use strainer
- Arrange things on a tray
- Use plastic knives to cut veggies and fruit
- Use cookie cutters and decorate cookies or cupcakes
- Bring items to the table



5-7 years:

- Measure ingredients and pour them into a bowl
- Use a vegetable peeler and grate cheese
- Load dishwasher
- Set the table
- Crack eggs, roll cookie dough into a ball, and fill muffin tin with batter



8-10 years:

- Use pizza cutter + can opener
- Put away leftovers + make a sandwich or burrito
- Use food thermometers + beat eggs
- Follow simple recipes: slice + chop veggies
- Wash dishes



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