

Cooking with Kids



A BEGINNER'S GUIDE TO KITCHEN CONFIDENCE

Cooking and eating together as a family can help develop healthy habits for life!



COOKING SKILLS TO MASTER

Cook together — some meals require adult supervision!

Ages 3-5

Mixing
Kneading
Washing Fruit

Ages 6-7

Grating
Mashing
Mixing Ingredients

Ages 8-11

Opening Cans
Simple Knife Skills
Peeling Vegetables

Ages 12+

Following Recipes
Using Kitchen Tools
Sharp Knife Skills



Handy Tools

- Mixing bowls
- Spatulas
- Measuring cups/spoons
- Mixing spoons
- Large skillet
- Knife
- Cutting boards
- Can opener
- Vegetable peeler
- Stock pot

Simple Snacks

- Hummus and veggie wrap
- Peanut butter on toast
- Fruit and cheese
- Plain yogurt with almonds

Easy Meals

- Turkey chili
- Black bean burger
- Fish tacos
- Mediterranean pita pizza

Looking to learn?
Find recipes here!

ChopChopFamily.org
TheKidsCookMonday.org

