



AGE	OVERVIEW	CAN DO ALONE	CAN DO WITH ASSISTANCE
18 mos – 3 years	This age loves to help in the kitchen, especially when the tasks are tactile. Motor skills are still developing so they need to close supervision.	<ul style="list-style-type: none"><li>• stir</li><li>• press buttons on small appliances</li><li>• wash produce</li><li>• use salad spinner</li><li>• tear lettuce</li><li>• mash potatoes</li><li>• squeeze lemons and limes</li><li>• knead dough</li><li>• use a rolling pin</li><li>• brush oil or melted butter with a pastry brush</li><li>• pour dry ingredients into a bowl</li></ul>	<ul style="list-style-type: none"><li>• crack eggs</li><li>• peel and/or grate vegetables</li><li>• chop softer vegetables</li><li>• pour wet ingredients into a bowl</li></ul>
4 – 6 years	At the younger range, this group will still be mastering the skills listed in the previous age group, but as they get older and their motor skills improve more activities will be possible. This is also a fun time to start reading recipes together. Close supervision is still necessary.	<ul style="list-style-type: none"><li>• form patties</li><li>• measure ingredients</li><li>• use a garlic press</li><li>• whip cream with an electric mixer</li><li>• pour liquid ingredients</li></ul>	<ul style="list-style-type: none"><li>• cook at the stove</li><li>• use a microplane</li><li>• use food processors</li><li>• cut with paring knife</li><li>• use can openers and vegetable peelers</li></ul>
7 – 9 years	This age group has much stronger motor skills and therefore can have a little less supervision, but still stay in the kitchen. Because their reading skills are also stronger, they can follow simple recipes on their own, especially no cook recipes.	<ul style="list-style-type: none"><li>• cut with paring knife</li><li>• use can openers and vegetable peelers</li></ul>	<ul style="list-style-type: none"><li>• cook at the stove</li><li>• use the oven</li><li>• use a food processor or blender</li><li>• chop with a chef's knife</li></ul>
10+ years	You've got young cooks now! At this age they can be responsible for a dish or meal on their own (you know your own kid, so you know when this is definitely true).	<ul style="list-style-type: none"><li>• cook at the stove and use the oven</li><li>• use a food processor or blender</li><li>• chop with a chef's knife</li></ul>	