

Age-appropriate cooking skills



Two-year-olds can:

- Wash vegetables and fruits
- Tear lettuce and other greens
- Take unbreakable items to the table
- Break bread and crackers into pieces
- Dip foods

Four- and five-year-olds can:

- Measure and pour some ingredients
- Peel some fruits and vegetables
- Cut soft foods with a plastic knife
- Measure dry ingredients
- Beat batters with a spoon or wire whisk
- Mash some soft items such as potatoes
- Set the table
- Wipe up after cooking
- Clear the table
- Wash dishes

Three-year-olds can:

- Scrub vegetables and fruits
- Spread, shake, and cut with a cookie cutter
- Knead dough
- Mix batter using spoon or hands
- Serve foods and beverages using child-size utensils
- Place items in the trash after cooking or eating

