



# FAMILY DINNER TASKS BY AGE

*Get everyone pitching in with one or more of these age-appropriate tasks!*

## AGES 2-5



- Fold and carry napkins and other lightweight items
- Set out unbreakable dishware and utensils
- Wash fruits and vegetables
- Scoop and stir ingredients
- Learn to pour liquids safely and wipe spills
- Help find items at the grocery store

## AGES 6-12



- Set and clear the table independently
- Rinse dishes, load and unload the dishwasher
- Learn proper use of sharp or hot kitchen tools
- Wash, dry and put away sturdy dishes and glassware
- Add items to grocery list and follow a short grocery list
- Begin to cook scrambled eggs, rice and pancakes

## AGES 13-18



- Learn to cook more difficult items like soups, casseroles and pasta dishes
- Help plan family meals and manage the grocery list
- Wash pots, pans and more delicate items
- Get dinner started without adult supervision
- Learn food safety such as how to manage raw meats
- Plan, budget and execute a short grocery shopping trip