

# HOW TO INCLUDE KIDS IN THE KITCHEN



Kids of every age can play a role in the kitchen. The more they are exposed to food and cooking, the more likely they are to build curiosity and appreciation for food. Here are some ways to include kids of any age in the cooking process.

## Improve their math skills



- Add in pre-measured ingredients
- Measure and weigh ingredients
- Scale and adjust ingredients

## Operating tools & appliances



- Hold down buttons (blender, food processor, salad spinner)
- Operate tools and appliances on their own

## Sharing cooking knowledge



- Introduce names of ingredients
- Describe tastes and textures and discuss the meal
- brainstorm meal ideas together
- Taste things

## Prepping and chopping



- Tear greens by hand (lettuce, kale, spinach)
- Use scissors to trim beans, peas, bell peppers
- Prep easy to chop ingredients with a kid's knife

## Cooking



- Assemble pizzas and casseroles
- Stirring and shaking
- Seasoning and tenderizing meats with a fork
- Put in charge of making salad dressings
- Be responsible for a part of the meal

## Set up & Clean up

- Set the table (utensils, drinks, plates, etc)
  - Clear the table
  - Wash and/or dry dishes
  - Wipe the table
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