Kids in the Kitchen

Having your children help you in the kitchen is a good way to get them to try new foods.

Kids feel good about doing something “grown-up”. Give them small jobs to do and praise their efforts. Children are much more likely to eat food they helped make.

2 year olds can:
Wipe tables
Put things in the trash
Tear lettuce or greens
Help “read” a cookbook by turning the pages
Make “faces” out of fruits and vegetables
Rinse fruits and vegetables

3 year olds can:
Do everything a 2 year old can do, plus:
Add ingredients and stir them together
Scoop or mash potatoes
Squeeze citrus fruits
Help put a pizza together
Talk about cooking
Name and count foods

4 year olds can:
Do everything a 2 and 3 year old can do, plus:
Peel boiled eggs and some fruits, like oranges and bananas
Set the table
Help measure dry ingredients
Help make sandwiches and tossed salads
Mash soft foods together
Cut soft foods with a plastic knife