



Cooking Ages 1-3

- Wash fruits and vegetables
- Stir
- Knead dough
- Sprinkle flour or cake decorations
- Mash with a fork or potato masher
- Smash graham crackers for crust
- Squeeze lemons
- Put silverware away in correct spot
- Use salad spinner
- Pick leaves off of fresh herbs and stems
- Add items to a recipe (e.g. chopped carrots or tofu)
- Smell foods, herbs, and spices you're using
- Help find ingredients in fridge or cabinets
- Put paper cups in muffin tin

Cooking By Age



Cooking Ages 8-11

- Make school lunch
- Open cans
- Scoop batter into muffin cups
- Use stand mixer
- Use blender
- Rinse dishes and load dishwasher
- Pound chicken
- Skewer food
- Use food processor
- Plan a family meal
- Use oven
- Use microwave
- Make a fresh fruit platter
- Decide what is needed to balance out a meal so it has food from each food group



Cooking Ages 3-5

- Weigh and measure ingredients
- Count ingredients
- Tear herbs or lettuce for a salad
- Cut soft ingredients, eg. butter, mushrooms, strawberries using a strong plastic knife
- Set the table
- Crack eggs
- Peel hard boiled eggs
- Peel oranges
- Grease pan
- Pour from small pitcher or measuring cup
- Assemble food with prepared ingredients: pizza, sandwich, yogurt with toppings
- Bread and flour: set up 3 stations with flour, egg, and bread crumbs for dipping
- Roll cookie balls or meatballs
- Roll and cut out cookie dough
- Spread butter or icing



Cooking Ages 6-8

- Read aloud recipes
- Use small paring knife
- Peel potatoes with a peeler
- Slice and scoop avocados
- Put away leftovers
- Grate cheese
- Drain and rinse canned beans
- Make sandwiches
- Make toast
- Use microwave
- Use heat on stove top (supervised) - omelets, pancakes, quesadillas, soups, grilled cheese, hamburgers
- Boil pasta or eggs



Cooking Ages 12+

- Cooking a meal for the family
- Grocery shopping
- Using a sharp knife
- Bake alone
- Food hygiene - washing hands at the beginning and in between touching raw and ready-to-eat ingredients
- Math - counting, dividing portions, doubling recipes, adding and subtracting
- Use outdoor grill