



Cooking is a Family Affair

While cuts are a common and legitimate concern for parents, kids can actually do a lot of tasks in the kitchen with proper food and kitchen safety rules and adult supervision.

Tasks younger children can do:

- Peeling with vegetable peeler
- Measuring
- Kneading/punching/pressing/rolling/cutting out dough
- Whisking
- Scooping
- Stirring
- Tossing
- Washing
- Pouring cold liquids
- Plating
- Sprinkling
- Spreading
- Blending
- Greasing
- Shaping
- Setting the table
- Stuffing
- Cutting with a small 8-inch serrated knife
- Cutting herbs with scissors

Tasks older children can do:

- Threading on wooden skewers
- Straining
- Cutting soft fruit and vegetables
- Boiling
- Cracking eggs
- Grating
- Opening cans