

# Cooking With Kids...

- Increases knowledge, skills, and comfort with food
- Teaches math, science, reading, and food safety
- Is a fun activity for families, students, and other groups
- Improves nutrition

## 2-4 years old

- wipe the table
- wash fruit and vegetables
- spread soft spreads
- pour liquids
- put liners into muffin tins
- clear their place at the table
- put things in the garbage

## 4-6 years old

- set the table
- break eggs into bowl
- stir baking ingredients
- knead dough
- cut soft vegetables and fruit
- make a sandwich
- mix fruit and yogurt
- put away clean dishes



## 10-12 years old

- cook with minimal supervision
- use an oven for baking and roasting
- use an electric mixer
- separate eggs
- plan a balanced meal that includes protein foods, whole grains, and vegetables and fruit



## 6-8 years old

- toast bread in a toaster
- grate cheese
- beat ingredients with a whisk
- toss salad with dressing
- write a grocery list
- invent a simple recipe

## 8-10 years old

- use a knife to cut, dice, and mince
- stir hot mixtures
- use a blender, toaster oven, and microwave
- use a can opener
- prepare simple recipes



### Tips to get started:

- Wash hands before working with food.
- Choose recipes that are simple enough to handle small errors in measuring.
- Try fun, interactive meals and snacks, such as tacos, pizza, and veggies and dip.
- Use basic ingredients, such as chickpeas, kidney beans, eggs, carrots, tomatoes, yogurt, cheese, and whole grains.
- Cooking with kids is messy, but it also helps them to learn about cleaning up.



For more kid-friendly recipes and ideas, check out:  
[www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)

To speak with a Registered Dietitian at HealthLink BC,  
dial 811 (or 604-215-8110).

