

Cooking With Kids...

- Increases kids' knowledge, skills and comfort around food
- Improves nutrition intake
- Is fun family time
- Teaches math, science, reading and food safety skills



2 years old

- wipe table tops
- break cauliflower
- scrub vegetables
- snap green beans
- wash salad greens
- put paper cups into muffin tins

3 years old

- spread soft spreads
- pour liquids
- pour cereal
- place things in the trash
- clear their place at the table
- help find foods in the fridge or pantry

4 years old

- peel oranges
- set the table
- knead dough
- mash soft vegetables and fruit
- peel hard-boiled eggs
- unload the dishwasher
- make a simple sandwich

5 years old

- measure ingredients
- break eggs into bowl
- assemble simple foods, like a fruit and yogurt parfait
- use a dull knife to cut soft foods
- stir baking ingredients together

6-8 years old

- toast bread in a toaster
- beat ingredients with a wire whisk
- set or help clean up the table
- toss salad with dressing
- write a grocery list
- invent a simple recipe

8-10 years old

- use a knife to cut, chop, dice and mince
- grate cheese
- stir hot mixtures
- use a blender, toaster oven and a microwave
- use a can opener
- prepare simple recipes with few ingredients

10-12 years old

- use an oven for baking
- use an electric mixer
- separate eggs
- cook with minimal supervision
- Plan a meal with all four food groups

Tips to get started:

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



For more kid-friendly recipes and ideas, check out: www.bettertogetherbc.ca

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


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