



# Age-Appropriate *Kitchen Tasks* for Children

## *Ages 1-4*

With close supervision:

- Help wash cups, measuring cups, and other light, blunt items
- Help dry and put away dishes
- Empty dishwasher
- Stir batters
- Knead bread dough
- Wash fruits and veggies in a strainer
- Tear lettuce leaves for salad
- Pick grapes off stems

## *Ages 5-8*

Anything from the previous age range plus:

- Wash dishes (anything except knives)
- Peel / chop bananas (with a butter knife) to freeze
- Peel hard-boiled eggs
- Whisk eggs
- Brown ground beef or sausage in a skillet (with supervision)
- Divide bulk shredded cheese into smaller bags to freeze

## *Ages 9-12*

Anything from the previous age range plus make:

- Seasoning mixes
- Marinades, dips and dressings
- Packaged foods (puddings, mac & cheese, etc)
- Scrambled eggs
- Pancake batter
- Chicken broth or bone broth
- Spaghetti
- Cookie batter
- Muffins & quick breads from scratch

## *Ages 13+*

Anything from the previous age range plus:

- Get items in and out of oven without supervision.
- Cut up pork roast, season & freeze or cook
- Divide raw chicken legs/thighs into bags, season and freeze or cook
- Cut up chicken breasts and season
- Make yeast breads and pizza dough
- Cook a complete meal from beginning to end