



Cooking with Kids

Food skills can to be taught, developed and nurtured at a young age, or any age, similar to reading and writing. Cooking with kids is a fun, hands-on, learning-by-doing activity to build food literate* generations to come!

*Food literacy is building the knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community & the environment.

Getting Started ages 3 & under

- Stirring
- Mashing
- Washing fruit/veggies
- Sprinkling (flour, seeds, etc.)
- Adding ingredients to bowl

Try Recipes

- [Overnight oats](#)
- [Root vegetable patties](#)

Next Steps ages 3-5

- Mixing
- Whisking
- Kneading*
- Scrambling
- Tearing (ex. herbs, lettuce)
- Podding (ex. podding peas)
- Picking (ex: tomatoes)
- Hulling (ex: corn)
- Breeding/flouring
- Spreading (ex. peanut butter on bread)
- Weighing and measuring liquid and dry ingredients

- Cutting soft ingredients (ex. mushrooms, strawberries, butter) with a plastic knife
- Pouring liquid ingredients
- Adding dry ingredients
- Using biscuit cutters
- Cracking an egg

Try Recipes

- [No-bake energy bites](#)
- [Whole wheat sheet pan pancakes](#)

*Folding is a method of mixing ingredients together without stirring, commonly used to combine ingredients that have been whipped, like eggs or cream. It is done to make sure your ingredients keep their fluffiness and involves using a rubber spatula to slowly "fold" the mixture on top of itself several times until mixed.



Advancing Your Skills ages 5-7

- Peeling with fingers (ex: oranges, hard boiled eggs)
- Setting the table
- Grating (ex: cheese)
- Beating
- Folding*
- Cutting with a small knife or scissors
- Using specialized hand tools and kitchen appliances

- Greasing and lining trays/pans

Try Recipes

- [Green monster smoothie](#)
- [Slow cooker applesauce](#)

Turning Up the Heat ages 7-11

- Steaming
- Roasting
- Planning a meal
- Using a peeler
- Trimming and slicing
- Following a simple recipe
- Using timers and thermometers
- Using heat (ex: oven, microwave, frying pan)

- Using specialty appliances (ex: panini press, waffle maker, food processor)
- Using a chef's knife and other larger knives

Try Recipes

- [Oven-baked oatmeal bars](#)
- [Muffins](#)

Kitchen Master ages 13-16

- Using all kitchen appliances, including safely handling and cleaning the sharp blades of food processors and blenders
- Developing knife skills to efficiently chop, dice and mince
- Pan-frying and grilling meats
- Using outdoor gas and charcoal grills

- Baking yeast doughs and pastries
- Marinating foods
- Making risotto

Try Recipes

- [NS hodgepodge](#)
- [Homemade vegetable pizza](#)