



Kids in the Kitchen/Teachable Moments

AGE	TEACHABLE MOMENTS	
1-2 Years	Secure in a high chair and give samples to try or smear while maintaining a steady stream of discussion.	
2 Years Two-year olds are learning to use the large muscles in their arms.	<ul style="list-style-type: none"> • Scrubbing vegetables and fruits • Carrying unbreakable items to the table • Dipping foods 	<ul style="list-style-type: none"> • Washing and tearing lettuce and salad greens • Breaking bread into pieces
3 Years Three-year olds are learning to use their hands.	<ul style="list-style-type: none"> • Pouring pre-measured liquids into batter • Mixing batter or other dry and wet ingredients together 	<ul style="list-style-type: none"> • Putting items in the trash after cooking or after a meal • Kneading dough • Washing vegetables and fruit
4-5 Years Four and five-year olds are learning to control small muscles in their fingers.	<ul style="list-style-type: none"> • Peeling some fruits and vegetables • Mashing soft fruits and vegetables • Scrubbing vegetables (potatoes, mushrooms) • Pressing cookie cutters • Measuring ingredients/sifting or straining 	<ul style="list-style-type: none"> • Cracking/breaking eggs • Beating eggs with an egg beater • Making toast • Baking • Setting the table • Wiping up after cooking/clearing the table after a meal
School-Age Children This is the age when children often really enjoy helping parents cook, planning menus and helping in the kitchen.	<ul style="list-style-type: none"> • Making simple recipes • Making cookies: Allow child to roll out dough, use cookie cutters, make free-form shapes, and decorate before or after baking. • Cooking vegetables: Show child how to pick out vegetables in the grocery store. 	<ul style="list-style-type: none"> • Making sandwiches: Remember to include lettuce, tomato, carrot curls, or other vegetables. • Making frozen juice pops

Developed by Camellia Brown, SNAP-Ed Nutrition Educator
 References: <https://www.brighthorizons.com/family-resources/batter-up-cooking-with-children>

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Tips

Safety Tips for Cooking with Children

1. No eating raw eggs.
2. Always wash hands before cooking.
3. Always wash cutting boards.
4. Always watch your children when they use knives, mixers, or other equipment.
5. Closely supervise the use of ovens, stoves, and other kitchen appliances.
6. Remind children that stoves, ovens, pans, and dishes can be very hot.

Recipe



Funny, Fruit Pizza

INGREDIENTS

- Low-fat mozzarella cheese slices (1 slice per child)
- English muffins, sliced in half (1 half per child)
- Fruit (an apple, banana, orange, or seedless grapes)

INSTRUCTIONS

1. Wash the fruit. Children can peel bananas and oranges or pluck grapes from their stems. An adult should cut the fruit into small

pieces.

2. Split the English muffin. Give each child one half. Have the children place a slice of cheese on each muffin. Toast the English muffins until the cheese melts. Have each child top his or her muffin with fruit.

References: <https://www.superkidsnutrition.com/get-kids-in-the-kitchen-to-improve-their-health/>
<https://brainspacemagazine.com/kids-in-the-kitchen-its-all-good-2/>

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