

Kids in the Kitchen*

TWO-YEAR-OLDS

- Clean vegetables with brushes
- Wipe tables
- Tear, break, and snap foods
- Dip fruits and vegetables

THREE-YEAR-OLDS

- Wrap foil around food
- Wrap dough around meat or vegetable fillings to make many cultural dishes
- Press dough into baking pan
- Pour from small plastic pitchers (Practice at the sink or in the sandbox)
- Mix with hands or a wooden spoon in a container twice the size of the amount of the mixture
- Shake small jars of food
- Spread foods using dull table knives or small spatulas

FOUR-YEAR-OLDS

- Use fingers to peel eggs, oranges, corn, etc.
- Roll and flatten food
- Mash foods

FIVE-YEAR-OLDS

- Measure ingredients
- Cut soft foods
- Teach knife safety: **“Always supervise this activity”**
- Use a cutting board, a knife that fits their hands, and a plastic serrated knife for soft foods. Show how to hold a knife and cut safely.
- Grate food
- Beat with an egg beater.



*Adapted from “Parents and Children Growing Together”, Washington State University, Cooperative Extension.



The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.