



# Kids in the Kitchen

*Together we can prevent diabetes!*

**C**ooking together as a family helps children learn basic kitchen skills. Kitchen time is also a great time to learn about your child's day and is a good way to spend more time with your child at home. Kids are more likely to try new fruits and veggies if they help make them. Below are some ideas for what your child can do to help in the kitchen.

## Remember:

- Wash hands before touching food.
- Watch children when they are using sharp kitchen items: knives, box graters, blenders or hand mixers.
- Watch children when they use the stove top or oven.

## Ways Your Child Can Help in the Kitchen

2 Years	3 Years	4 to 6 Years	7 Years
<ul style="list-style-type: none"> <li>• Wash fruits and veggies</li> <li>• Tear lettuce</li> <li>• Snap green beans</li> <li>• Make "faces" out of fruits and veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Add ingredients to bowls</li> <li>• Knead dough</li> <li>• Spread peanut butter</li> <li>• Stir</li> <li>• Shake closed containers</li> </ul>	<ul style="list-style-type: none"> <li>• Peel fruits and veggies</li> <li>• Cut soft fruits</li> <li>• Mash beans and veggies</li> <li>• Measure dry ingredients</li> <li>• Clean up counters</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-heat oven</li> <li>• Measure wet ingredients</li> <li>• Microwave</li> <li>• Crack eggs</li> </ul>

Information adapted from [www.ChooseMyplate.gov](http://www.ChooseMyplate.gov)

