



KIDS IN THE KITCHEN

I want to help you! Teach me about healthy foods through cooking with me!

Teach me to keep our food safe by always washing our hands before cooking.

Depending on how old I am, I may need simpler tasks or more help when I am in the kitchen with you. Stay with me and help me while I am learning how to cook with you.





I'M 2, I CAN...

- Help choose fruits and veggies at the store.
- Rinse and scrub fruits and veggies in the sink.
- Wipe off the counter or the cutting board.
- Arrange food on a baking sheet or tray.
- Sprinkle cheese or bread crumbs on top.

I'M 3, I CAN...

- Cut soft fruits with a dull or plastic knife.
- Mash soft fruits or potatoes.
- Stir and mix foods together.
- Spread peanut butter, cream cheese, or butter.
- Help set and clear the table.
- Put garbage in a trash can.

I'M 4, I CAN...

- Peel a banana, hard-boiled egg, or orange.
- Measure flour, oatmeal, rice, or pasta.
- Shape meatballs or burger patties.
- Squeeze the juice from a lemon, lime, or orange.
- Crack open an egg.
- Pour milk or water into a cup.



UTAH | WOMEN, INFANTS & CHILDREN

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