







Get Cookin' with Children of All Ages!

Age Group	Considerations	Ideas
<p>Babies (less than 24 months)</p> 	<p>Of course they can't cook yet, but they will enjoy being with you in the kitchen.</p>	<ul style="list-style-type: none"> • Talk about what you are doing as you move around the kitchen • When they start to crawl they are safest in a high chair in the kitchen • Talk about the name of cooking utensils and foods • Talk about what they like to eat • Give babies a bowl and spoon to let them mix foods that are safe for them to eat
<p>2 year olds</p> 	<p>Are learning to use large muscle groups in their arms. Teach them the Importance of hand washing when preparing food.</p>	<ul style="list-style-type: none"> • Scrubbing vegetables and fruit • Dipping vegetables and fruit • Tearing lettuce and salad greens • Breaking bread for stuffing • Snapping fresh beans
<p>3 year olds</p> 	<p>Are learning to use their hands. Demonstrate the skill to the child and then give them a chance to practice.</p>	<ul style="list-style-type: none"> • Pouring liquids into a batter • Mixing pancake or muffin batter • Kneading bread dough
<p>4 - 5 year olds</p> 	<p>Are learning to control smaller muscles in their fingers.</p>	<ul style="list-style-type: none"> • Juicing oranges, lemons and limes • Mashing soft fruits and vegetables • Measuring dry and liquid ingredients • Beating eggs with a fork or whisk
<p>6 - 8 year olds</p> 	<p>Are interested in the process so talk about what needs to be done, and how you will do it. Then work through it together.</p>	<ul style="list-style-type: none"> • Talk about the names of cooking tools and preparation terms • Sorting things into categories and measuring can teach math concepts
<p>9 - 11 year olds</p> 	<p>Don't forget to give kids responsibilities around clean up of their cooking projects.</p>	<ul style="list-style-type: none"> • Get children involved in menu planning, have them choose a meal a week that they plan and cook with your help • They are ready for more adult tasks such as cutting and using the stove with supervision

For your older children, why not enter them in the Eat Right Ontario recipe challenge. Visit www.ontario/eatright.ca to find out more.