

Cooking Skills

every kid should learn by age 10



under 3 years old

- **Sensory play:**
 - Pour ingredients into bowls
 - Stir, feel & taste ingredients
- **Washing produce**

note:

Every kid is different, so use your best judgment on your child's ability and readiness. An adult should always supervise steps that involve hot or sharp tools, or other equipment that must be handled with caution.

ages 3-5

- **Knife skills 101:** Cutting soft foods using a butter knife
- **Make pizza:** Pick their own toppings and put them on the pizza

- **Make smoothies:** Add ingredients to the blender, press the buttons (with supervision)
- **Baking basics:** Mixing wet & dry ingredients
- **Setting & clearing the table**



ages 6-8

- **Stove basics:**
 - Turning the stove off and on
 - Practice making scrambled eggs
 - Learn cooking safety rules

- **Make & pack their own lunch**
- **Food presentation**

ages 8-10

- **Sharp knife skills & safety rules**
- **Breading meat & vegetables**

- **Food safety rules**
- **Meal planning & shopping**



Cooking Basics

F Rizvi



Cooking Basics:

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