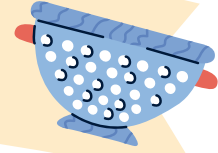




# COOKING WITH KIDS



Food skills need to be taught, developed and nurtured at a young age, similar to reading and writing. Cooking with kids is a fun, hands-on, learning-by-doing activity to build food literate\* generations to come!

\***Food literacy** is building the knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community & the environment.

## Getting Started

ages 3 & under

- Stirring
- Mashing
- Washing fruit/veggies
- Sprinkling (flour, seeds, etc.)
- Adding ingredients to bowl



### Try recipes:

- [Overnight oats](#)
- [Root vegetable patties](#)

## Next Steps

ages 3-5

- Mixing
- Whisking
- Kneading\*
- Scrambling
- Tearing (ex. herbs, lettuce)
- Podding (ex. podding peas)
- Picking (ex: tomatoes)
- Hulling (ex: corn)
- Breadding/flouring
- Spreading (ex. peanut butter on bread)
- Weighing and measuring liquid and dry ingredients
- Cutting soft ingredients (ex. mushrooms, strawberries, butter) with a plastic knife
- Pouring liquid ingredients
- Adding dry ingredients
- Using biscuit cutters
- Cracking an egg



### Try recipes:

- [No-bake energy bites](#)
- [Whole wheat sheet pan pancakes](#)



\***Kneading** is a method used when making dough, like for bread. It involves using your hands to incorporate the ingredients together, and it helps add strength to your dough so that it will rise!

## Advancing Your Skills *ages 5-7*

- Peeling with fingers (ex: oranges, hard boiled eggs)
- Setting the table
- Grating (ex: cheese)
- Beating
- Folding\*
- Cutting with a small knife or scissors
- Using specialized hand tools and kitchen appliances
- Greasing and lining trays/pans



### Try recipes:

- [Green monster smoothie](#)
- [Slow cooker applesauce](#)

## Turning Up the Heat *ages 7-11*

- Steaming
- Roasting
- Planning a meal
- Using a peeler
- Trimming and slicing
- Following a simple recipe
- Using timers and thermometers
- Using heat (ex: oven, microwave, frying pan)
- Using specialty appliances (ex: panini press, waffle maker, food processor)
- Using a chef's knife and other larger knives



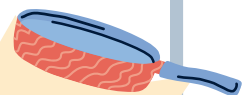
### Try recipes:

- [Oven-baked oatmeal bars](#)
- [Muffins](#)



## Kitchen Master *ages 13-16*

- Using all kitchen appliances, including safely handling and cleaning the sharp blades of food processors and blenders
- Developing knife skills to efficiently chop, dice and mince
- Pan-frying and grilling meats
- Using outdoor gas and charcoal grills
- Baking yeast doughs and pastries
- Marinating foods
- Making risotto



### Try recipes:

- [NS hodgepodge](#)
- [Homemade vegetable pizza](#)

*\*Folding is a method of mixing ingredients together without stirring, commonly used to combine ingredients that have been whipped, like eggs or cream. It is done to make sure your ingredients keep their fluffiness and involves using a rubber spatula to slowly "fold" the mixture on top of itself several times until mixed.*