HOW TO MEAL PREP WITH KIDS

3-5 YEARS
- Pulling leafy herbs and greens from their stems (cilantro, parsley, basil, kale)
- Stirring and mixing*
- Rinsing ingredients before starting prep
- Counting ingredients
- Adding ingredients to a bowl
- Tearing ingredients (instead of cutting – leafy greens and mushrooms work well)
- Using a plastic knife to cut and prepare some softer fruits and veggies*

*with supervision

6-8 YEARS
- Cracking eggs
- Measuring ingredients
- Peeling or grating produce
- Using scissors to cut leafy greens and/or herbs
- Setting and clearing the table

9-12 YEARS
- Following steps of a recipe
- Opening cans
- Using a knife*

*With supervision. Make sure the knife is not too large for them to handle safely.

13 AND UP
- Many children can take on more food prep and cooking at this age. Make sure to supervise them to reinforce knife safety and safe food handling skills!