**Kitchen Helper Tips:**
A great way to get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something “grown up.” Give them small jobs to do and praise their efforts. Children are less likely to reject foods that they help to make. As preschoolers grow, they are able to assist with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages. Each child has their own pace of learning.
2-year-old suggestions:
- wipe table tops
- snap green beans
- break cauliflower
- wash salad greens
- scrub vegetables

3-year-olds additional activities:
- spread soft spreads
- place things in the trash
- pour liquids
- mix ingredients
- pour cereal
- clear their place at the table
- Dump and stir ingredients

4-year-olds additional activities:
- peel oranges
- mash bananas using a fork
- set the table
- peel hard-cooked eggs
- knead dough
- unload the dishwasher
- layer yogurt parfaits

5 to 6-year-olds additional activities:
- measure ingredients
- use an egg beater
- break eggs into bowl
- cut with a blunt knife