

Parent Resource

Kitchen Helper

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