

Teaching Food Skills

Age-Appropriate Tasks

Teaching children basic food skills can set them up for a lifetime of positive eating habits. Start with kitchen safety rules and show them how to use kitchen tools such as a grater, peeler or whisk safely.



Use these age-specific ideas to help your little chef succeed in the kitchen:

Age	Ideas
Under 4 years	Help wash vegetables or fruit, pass you vegetables and fruit out of the bag, put paper cups into muffin tins, count ingredients, add ingredients to a bowl.
4-6 years	Help mix or measure dry ingredients, stir ingredients together, slice soft foods like cooked vegetables and soft fruit with a plastic knife, set the table.
6-8 years	Show them how to use a grater or toaster safely, toss a salad, make wraps, crack and beat an egg, make their own easy breakfast, use a can opener.
8-11 years	Assemble lunch with guidance, use a knife with easy to cut foods, use the microwave and stove with supervision, make and pack their own school lunch.
Pre-teens and teens	Follow recipes, lead the meal prep.

For more information, visit:

- Age-appropriate meal planning:
<https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/involve-others-in-planning-and-preparing-meals/involving-kids-in-planning-and-preparing-meals/#section-3>
- Cooking with Kids of Different Ages:
<https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx>