

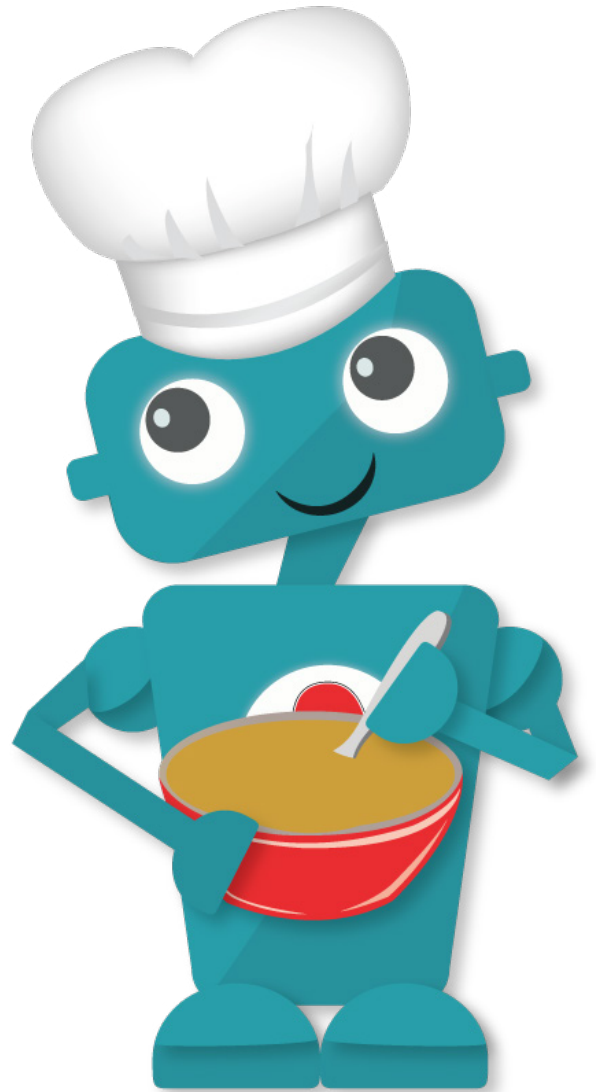
TOOLBOX KID'S KITCHEN

Introduction

There are many things that kids of all ages can do to get involved in the kitchen. Cooking gives you the opportunity to try new foods and make some culinary concoctions of your own. The following is a list of activities that can be done safely for each individual age group. Remember to always use proper safety techniques* when in the kitchen!

*Kitchen Safety Techniques

1. Hand-washing
 - At a sink, wet your hands with warm water.
 - Put soap on your hands, and rub your hands together to create a lather.
 - Wash your hands under the warm water while singing the alphabet song twice.
 - Rinse your hands to remove the soap.
 - Use a clean towel to dry your hands and turn off the water.
2. Knife safety
 - Always use a cutting board.
 - Hold the food by curling your hand around it with only your knuckle facing the blade. Be sure to move your hand as you are cutting.
 - Hold the knife handle in the other hand. Never hold the knife at the blade.
 - Slowly lower the blade to the food.
 - Always cut away from the body.
3. Can opener safety
 - Hold the handle of the can opener, not the sharp edge.
 - After the lid has been cut off the can, pick it up carefully and throw it in the trash.
4. Microwave safety
 - Use a microwave-safe container (no metals or plastics).
 - Food and liquids get very hot in the microwave. Use oven mitts when removing items to prevent a burn.
5. Blender safety
 - Make sure the blender is unplugged before you start.
 - Add ingredients to the blender container.
 - Place the blender container on the base.
 - Put the lid tightly on the blender container.
 - Plug in the blender and press the button to begin.
 - Do not open the blender container while it is running.
 - Turn off the blender and unplug it.
 - Remove the blender container from the base.
 - Remove the lid.
 - Be sure your hands are dry before unplugging.



Kitchen Tasks for 5 Year Olds

1. Wash hands using proper hand-washing techniques*
2. Put on an apron
3. Measure and add dry and liquid ingredients
4. Crack eggs
5. Tear lettuce or greens and toss salads
6. Scoop and mash potatoes
7. Stir batter, knead and shape dough
8. Help assemble pizzas and sandwiches
9. Frost and decorate cooled desserts
10. Cut soft fruits with a dull knife
11. Use an egg beater
12. Turn cookbook pages

Kitchen Tasks for 6 Year Olds

1. All that a 5 year old can do, plus:
2. Read cookbook or recipe card aloud
3. Cut foods with a butter knife
4. Whisk eggs
5. Fold ingredients into batter
6. Grate cheese

Kitchen Tasks for 7 Year Olds

1. All that a 6 year old can do, plus:
2. Learn proper kitchen safety techniques*
3. Take a warm dish out of microwave with oven mitts
4. Read and interpret nutrition labels
5. Write a shopping list
6. Help plan a menu

Kitchen Tasks for 8 Year Olds and Up

1. All that a 7 year old can do, plus:
2. Use math skills to combine ingredients or split recipes
3. Cut fruits, vegetables, and breads with a knife using proper safety techniques*
4. Open cans with a can opener using proper kitchen safety techniques*
5. Operate a microwave using proper kitchen safety techniques*
6. Operate a blender using proper kitchen safety techniques*
7. Plan a full menu