

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS



Kid Friendly Kitchen Tasks

try these age-appropriate ideas to keep your kids excited, safe and involved in the kitchen

3-5 years: children at this age love to help - TRY-

Use cookie cutters, rinse produce in a bowl, mix simple ingredients, use pieces of fruit to craft funny faces, use pastry brush for oil

6-7 years: children can start to hand more complex tasks - TRY-

Crack eggs, use vegetable peeler, prepare lettuce for salad, de-seed peppers & tomatoes, shuck & rinse corn, use blunt scissors to cut herbs

8-9 years: tailor cooking tasks to child's maturity - TRY-

Use can opener, beat eggs, measure & mix dry ingredients, pound meats on cutting boards, use a meat thermometer, juice citrus fruits

10-12 years: give more responsibility but still supervise - TRY-

Boil pasta & vegetables, simmer ingredient on stove, slice/chop vegetables, bake & microwave foods, follow simple recipes

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Source: http://fcsagents.tamu.edu/food_and_nutrition/family-nutrition/family-mealtime/2017/Kid-Friendly-Kitchen-Tasks.pdf

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