

Kitchen Assistant Guide - Topics to teach your 3 to 6 year old.



At this age, children learn by watching, feeling, smelling, tasting and hands on experiences. Letting them assist with simple tasks such as adding cheese or crushing chips on top of casserole will teach them a lot. Their attention span is shorter so small tasks are better. It is important to start teaching about kitchen safety. Children at this age should not be using sharp knives.

Appropriate tasks:

- Scrub vegetables and fruits. Cover beans with water to soak
- Wash table with a cleaning towel
- Tear lettuce
- Stirring dough
- Spreading with a dull knife or child safe knife
- Pouring ingredients
- Adding pre-measured ingredients
- Gather ingredients
- Help setting table
- Grease pans
- Open packages
- Peel eggs, oranges, bananas
- Crush chips, crackers, etc. for toppings