Cooking Skills By Age

Match your members’ skill levels with various tasks for safe kitchen fun. Here are some suggestions for age-specific tasks:

3-Year Olds
- Wash fruits and vegetables
- Stir ingredients in a bowl
- Tear lettuce
- Pour liquids

4-Year Olds
- Grease pans
- Open packages
- Peel oranges or hard-cooked eggs
- Snip fresh herbs with dull scissors
- Mash bananas with a fork

5- to 6-Year Olds
- Measure ingredients
- Cut soft foods with a blunt knife
- Set the table
- Garnish food

7- to 8-Year Olds
- Help plan the meal
- Roll and shape cookies
- Beat ingredients with a whisk
- Find ingredients in a cabinet or spice rack
- Make a salad

9- to 12-Year Olds
- Open cans
- Use a microwave oven
- Prepare simple recipes with few ingredients
- Use an oven (with supervision)
- Use a knife (with supervision)
- Shred cheese and vegetables

13- to 18-Year Olds
- Prepare recipes with multiple ingredients
- Prepare recipes independently