

Cooking Abilities OF YOUNG CHILDREN



SOUTH CAROLINA
FARM to EARLY CARE
& EDUCATION

2 YEAR OLDS

Two-year-olds are learning to use the large muscles in their arms. Try activities such as:

- Scrubbing vegetables and fruits
- Carrying unbreakable items to the table
- Dipping foods
- Washing and tearing lettuce, herbs, and salad greens

3 YEAR OLDS

Three-year-olds are learning to use their hands. Try activities such as:

- Pouring liquids into batter (you measure first)
- Mixing batter or other dry and wet ingredients together
- Shaking a drink in a closed container
- Spreading butters or spreads
- Washing vegetables and fruit
- Putting things in the trash after cooking or after a meal

4 & 5 YEAR OLDS

Four and five-year-olds are learning to control small muscles in their fingers. Try activities such as:

- Juicing oranges, lemons, and limes
- Peeling some fruits and vegetables (bananas and even onions)
- Mashing soft fruits and vegetables
- Scrubbing vegetables (potatoes, mushrooms)
- Cutting soft foods with a plastic knife (mushrooms, hard-boiled eggs)
- Pressing cookie cutters
- Measuring dry ingredients
- Cracking open/breaking eggs
- Beating eggs with an egg beater
- Setting the table
- Wiping up after cooking
- Clearing the table after a meal

ADAPTED FROM GROWING MINDS

