



Healthy Beginnings Kids Can Cook!

Children love to cook and eat what they make!

Age-appropriate skills to have children work on:

Age 2 (big arm muscle skills): washing or scrubbing fruits and vegetables, carrying items to the table, dipping foods

Age 3 (hand skills): pouring liquids with adult help, spreading with a dull knife, mixing with a spoon, shaking ingredients

Ages 4 and 5+ (finger skills): cutting with a blunt knife, measuring ingredients, mashing ingredients, setting the table

Cooking is also a great time to review academic concepts with children. You can use food and cooking to review and teach:

- **Colors:** Ask the child “What color is a carrot? Broccoli? Apples? Milk?”
- **Numbers:** Show the child the numbers in recipes and on measuring cups and spoons. Count out loud if you are adding ingredients (such as eggs) to a recipe one at a time.
- **Letters:** Have your child help you identify letters on ingredient packages and in recipes.

Support for Healthy Beginnings provided by Shasta County Public Health and First 5 Shasta



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