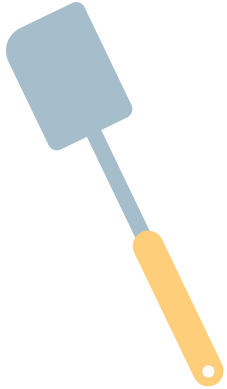


Some kitchen activities for children by age:

0 to 12 months old



- Exploring different flavors.
- Touching different textures of fruits, vegetables, etc.
- Smelling different foods.
- Observing your activities in the kitchen.
- Washing fruit or leaves.



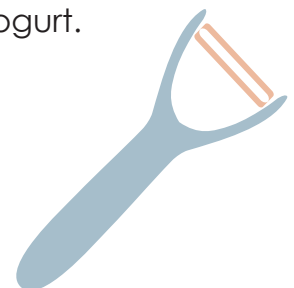
1 to 2 years old

- Peeling bananas.
- Shelling peas.
- Peeling and cutting egg.
- Cutting fruit.
- Spreading toast or crackers.
- Shelling peas.
- Scooping yogurt, oatmeal.
- Adding ingredients.
- Mixing ingredients.
- Kneading dough.
- Pouring water, milk.
- Setting up table.
- Passing things to you from cupboards.



2 to 3 years old

- Squeezing limes.
- Juicing oranges.
- Cutting apples, pears with slicer-corer.
- Cutting soft vegetables (with wavy chopper or butter knife).
- Peeling garlic and onions.
- Peeling oranges (peel just a little bit so the child can start from there).
- Preparing cereal with milk.
- Adding toppings to yogurt.
- Grating cheese.
- Tearing lettuce.



3 + years old

- Peeling cucumbers and carrots with a peeler.
- Preparing tea (caffeine-free).
- Using advanced knife (with supervision).
- Follow picture recipes.
- And so much more activities...