



# COOKING SKILLS CHECKLIST

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## **AGES 4-7** (PAGE 2)

Kids ages 4 - 7 can have a blast keeping track of their accomplishments while learning the basics of cooking.

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## **AGES 8-11** (PAGE 4)

Kids ages 8 - 11 can proudly check off each accomplished kitchen task with this checklist.

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## **AGES 12+** (PAGE 6)

These cooking activities will help those who are 12 years old and up build essential skills in the kitchen.

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# AGES 4-7

## PRACTICE ARITHMETIC

Work with counting and basic arithmetic



- Practice counting using measuring cups and spoons

- Practice counting and basic arithmetic using foods (e.g., you have 10 green beans. How many will you have left if you eat 2?)



- Use measuring cups and spoons to learn the concept of fractions

## OPERATE TOOLS & APPLIANCES

Gain familiarity with basic cooking tools and appliances



- Hold down food processor / blender buttons with supervision

- Start rice cooker with supervision

## LEARN BASIC COOKING KNOWLEDGE

Expand vocabulary and become familiar with meal components



- Learn names of produce
- Learn names of spices

- Brainstorm meal ideas together



- Learn flavor profiles
- Describe tastes and textures of ingredients and meals

- Plant / water / pick ingredients from garden

## PREP AND CHOP

Learn how to prep ingredients using a kid's knife / butter knife and improve motor skills



- Use a whisk

- Cut tomatoes / cucumbers into slices



- Use a salad spinner with supervision

- Chop zucchini into sticks



- Use a spiralizer

- Prep easy-to-chop ingredients for a soup

- Level off ingredients in measuring cups and spoons

- Prep easy-to-chop ingredients for a salad

- Tear greens by hand (lettuce, kale, chard)

- Prep easy-to-chop ingredients for sandwiches

- Use scissors to trim beans, peas, bell peppers

- Help prep snacks (slice apples, make dip, cut carrot sticks)

- Cut bananas into slices

- Help store prepped ingredients in containers

- Use a peeler

## START COOKING

Improve motor skills and learn basic cooking techniques



- Assemble a pizza

- Shake (breadings, dressings, seasonings)

- Assemble a casserole



- Stir (soups, sauces, fillings)

- Season and tenderize meats with a fork

# AGES 8-11

## PRACTICE ARITHMETIC

Work with fractions and understand basic conversions



- Use scale to weigh and adjust ingredients

- Practice multiplication and division using foods (e.g., divide 30 dried beans into 5 groups)



- Use measuring cups and spoons to add fractions

## OPERATE TOOLS & APPLIANCES

Gain familiarity with basic cooking tools and appliances



- Hold down blender / food processor buttons

- Cook over a flame burner / stovetop with supervision



- Operate rice cooker with supervision

## LEARN BASIC COOKING KNOWLEDGE

Expand vocabulary and become familiar with meal components



- Learn names of herbs and spices

- Brainstorm meal ideas together



- Learn names of less commonly used produce

- Create a grocery list

- Learn flavor profiles

- Plant / water / pick ingredients from garden

- Describe tastes and textures of ingredients and meals

## PREP AND CHOP

Learn how to prep ingredients using a steak knife and improve motor skills



Use a whisk

Chop zucchini / eggplant into cubes or sticks

Use a salad spinner

Chop carrots into sticks



Use a spiralizer

Mince onions / shallots / garlic

Level off ingredients in measuring cups and spoons

Prep easy-to-chop ingredients for a soup



Tear greens by hand (lettuce, kale, chard)

Prep easy-to-chop ingredients for a salad

Use scissors to trim beans, peas, bell peppers

Prep easy-to-chop ingredients for sandwiches

Use a cheese grater

Prep snacks (slice apples, make dip, cut carrot sticks)

Use a peeler

Cut tomatoes / cucumbers into slices

Help store prepped ingredients properly

## START COOKING

Improve motor skills and learn basic cooking techniques



Assemble a pizza

Season and tenderize meats with a fork

Assemble a casserole

Make a salad dressing



Fry an egg

Be in charge of cooking a part of dinner

Stir (soups, sauces, fillings)

Shake (breadings, dressings, seasonings)

# AGES 12+

## PRACTICE ARITHMETIC

Work with ratios, conversions, and intermediate multiplication and division



- Use scale to weigh and adjust ingredients

- Halve the serving sizes of a recipe and adjust ingredient amounts



- Use the scale tare button

- Double the serving sizes of a recipe and adjust ingredient amounts

- Convert a measurement (e.g., ounces to cups)

## OPERATE TOOLS & APPLIANCES

Gain familiarity with using cooking tools and appliances



- Operate basic appliances (food processor, blender, rice cooker)

- Operate advanced appliances (slow cooker, Instant Pot, panini press, air fryer) with supervision



- Cook over a flame burner / stovetop with supervision

**LEARN BASIC COOKING KNOWLEDGE**

Expand vocabulary and become familiar with meal components



- Learn names of herbs and spices

- Brainstorm a week's menu together



- Learn names of lesser-known or international produce

- Create a grocery list and help grocery shop for a meal

- Learn flavor profiles and how to balance them

- Plant / water / pick and properly store ingredients from garden

- Describe tastes and textures of ingredients and meals

**PREP AND CHOP**

Learn how to prep using a chef's knife and store ingredients



- Use an egg tool (poacher, slicer, timer, slotted spoon, strainer)

- Chop carrots into sticks



- Use a salad spinner

- Chop potatoes / butternut squash into cubes or fries

- Use a spiralizer

- Mince onions / shallots / garlic

- Level off ingredients in measuring cups and spoons

- Prep and chop ingredients for a soup

- Tear kale / chard by hand and massage leaves

- Prep and chop ingredients for a salad

- Use scissors to trim beans, peas, bell peppers

- Prep and chop ingredients for sandwiches

- Use a cheese grater

- Prep snacks (slice apples, make dip, cut carrot sticks)

- Use a peeler

- Store prepped ingredients properly

- Cut tomatoes / cucumbers into slices

**START COOKING**

Practice and master cooking techniques



Assemble and cook a pizza

Assemble and cook a casserole



Make an omelet

Stir (soups, sauces, fillings)

Shake (breadings, dressings, seasonings)

Season and tenderize meats with a fork

Make a salad dressing

Be in charge of cooking a full dinner