Kitchen Helper Checklist by Age

Ages 3–12 · Name: _____

How to use

Ages are a rough guide. Every child is different, so move up when your child shows careful habits.

An adult supervises every job. Check off each skill your child has practiced safely.

Rules for every cook

- [ ] Wash hands with soap and tie hair back
- [ ] No tasting raw dough, batter or raw meat
- [ ] No licking fingers or double-dipping
- [ ] Raw meat stays away from ready-to-eat food
- [ ] Ask a grown-up before using anything sharp or hot

Age	Jobs I can practice	Adult-only (for now)
3–5	Wash produce in cool water; wipe the table; tear lettuce; snap green beans; stir; mash cooked food; use cookie cutters; brush on oil; crack an egg, then wash hands	All knives, stove, oven, microwave, toaster, blender, hot liquids
5–7	Scoop an avocado an adult has cut; shuck corn; snip herbs with blunt kitchen scissors; measure dry ingredients; load the dishwasher (not knives); set the table	Knives, all heat, raw meat
7–9	Use a can opener; beat eggs; use a peeler with an adult watching; read a recipe aloud; read a food thermometer with an adult	Sharp knives, stove, oven, raw meat, poultry and seafood
9–12	Follow a recipe in order; measure; with an adult right there: use the microwave, slice and chop, boil, simmer, bake	Adult present for any knife, stove, oven or boiling water

A new kitchen job I want to learn:

Task ideas adapted from the Academy of Nutrition and Dietetics' "Teaching Kids to Cook." Know the food allergies of every child who cooks or tastes, including your own. For children under about 4, cut food into pieces no larger than ½ inch and have them sit while eating.

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