

Kids Kitchen Activities for Dinner

An Age-by-Age Guide



Ages
2-3

- Help gather ingredients (from the fridge, cabinet or pantry).
- Wash/rinse vegetables.
- Peel or tear veggies by hand (corn, garlic, lettuce).
- Dump pre-measured ingredients into bowls.
- Stir or whisk together ingredients (as long as not hot).
- Make choices between two options (pasta, toppings).
- Taste test (pasta, sauces, toppings).
- Set timers.

Ages
4-5

All of the above, plus:

- Spread butter, baste or glaze food items.
- Mash soft food items with a fork (avocado, bananas, crackers)
- Juice lemons.
- Start to measure liquid and dry ingredients with assistance.
- Assemble simple food items (sandwiches, sliders, quesadillas).
- Sprinkle on cheese, seasoning or other toppings.

Ages 6-9

All of the above, plus:

- Crack eggs.
- Grease pans or baking dishes.
- Start to chop and peel veggies with kid-friendly utensils.
- Operate can opener with assistance.
- Cover and uncover pots with supervision.
- Stir things on the stove (with close supervision)
- Break up meat on the stove (with close supervision).
- Toss salads.
- Press buttons to power on mixers or blenders.
- Use kitchen shears to trim herbs and veggies.

Ages 10+

All of the above, plus:

- Make grocery lists.
- Read labels and follow recipes independently.
- More precise chopping using kid-friendly knives.
- Flip ingredients.
- Operate the microwave.
- Set the temperature on the oven.
- Check the temperature of meat.
- Taste to adjust seasoning.

Looking for easy dinners your kids will actually eat? [Sign-Up](#) and get our 5 most popular recipes for picky eaters!

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