

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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