

Cooking with Your Kids Ideas-Created by Alice Seuffert

Age	Talking About Food	Cooking Skills	Meal Preparation, Table Manners and Discussion	Recipes to Try	Other fun ideas
Newborn-6 months old	-Talk to baby while cooking	-Let baby hold safe kitchen objects-wooden or plastic spoons -Dangle kitchen items like a measuring cup from a link on baby's seat	-Bring baby's chair, jumper, etc into kitchen -Play baby-friendly music -Wear baby while doing non-heat related prep -Once baby can hold head up, allow baby to sit in highchair or feeding chair. Give baby toys and things to look at. Let baby sit in chair while you and rest of the family eats dinner.	N/A	At this age, concentrate on integrating baby into the food-related parts of you life whether it is in the kitchen in the baby seat, going to an orchard and tasting applesauce or even being in the baby carrier at the grocery store.
6 months-1 year old	-Talk to baby about textures smells and tastes of foods.	-Let baby hold safe kitchen objects-wooden or plastic spoons -Dangle kitchen items like a measuring cup from a link on baby's seat	-Bring baby's chair, jumper, etc into kitchen -Play baby-friendly music -Wear baby while doing non-heat related prep Feed baby in manner in which you want future meals to take place (in chair, not on lap). -If baby is fussy and upset, remove from chair and try feeding at another time. -Do not force baby to sit during meals with toys, tv, etc.	Baby food purees Follow food introductions and strive to get your baby eating what your family eats by age 1.	
1-2 year old	-Use words to describe ingredients	-Mixing -Place child's hand on your hand while you cut or use knife.	-Start working on scooping -Let them help get things out of fridge -Assemble plate -Eat together, model to toddler that everyone eats together. -Teach and use signs for please, thank you and more.	-Playdough -Mix Yogurt with Toppings -Cookies	-Food Prints (vegetables, fruit, pasta, sardines) -Make food projects (pasta necklaces)
2-3 year old	-Ask observation questions, sweet, sour, smells	-Mixing -Adding ingredients -Assist with pouring -Rolling dough -Start using knives and kitchen scissors	-Choose plate and cup -Help set the table -Model behavior	-Meatloaf cupcakes -Pizza Station -Spaghetti Spiders	-Do picnics indoors and outdoors -Start a garden -Farmer's Market -Visit Farms -Picking out items at store
3-4 years old	-Talk about food sources -What certain ingredients do -Explain measuring cups	-Reading recipes -Organizing ingredients -Flipping/using a spatula. -Take things out of the oven -Measuring -Running equipment	-Set and clear the table -Clear dishes and help load dishwasher -Implementing good table manners -Family-style serving or helping portion and plate meals	-Pancakes and Waffles -Cupcakes -Smoothies -Ones based on books or shows -Bread	-Food experiments -Fancy dinner at home -Reverse or crazy day -Meal Planning -Canning