

Cooking with Kids

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Is my child old enough to help with cooking?

YES! Children as young as 1 can help cook. As long as they can safely stand on a chair, stool, or tower next to an adult they can help! Cooking with children should always be supervised by an adult to ensure safety and cleanliness.

How can children help?

- Stirring
- Pouring ingredients into containers
- Assembling: pizza, tacos, sandwich
- Turning pages in a cookbook
- Choosing a recipe
- Collecting ingredients
- Plating food or serving

Benefits of cooking with your child:

- Beginning math skills: small vs large, units of measurement, counting
- Encourages eating new foods
- Sensory exploration: taste, touch, smell, sight
- Social-emotional development, engaging with family
- Following directions
- Beginning literacy skills: reading a recipe, introducing new vocabulary
- Health and hygiene
- Fine motor skills
- Attention to task, concentration
- Pride and independence