

# Kids in the Kitchen

5 or more  
fruits &  
vegetables  
every day

Cooking with kids is a great way to expose them to new foods and teach them the importance of healthy eating. Here are some ways younger children can help you in the kitchen.

## 2 YEARS OLD

- Wipe tables
- Hand items to adult to put away
- Place trash in garbage, recycling or compost bins
- Tear lettuce or greens
- Rinse vegetables or fruits

## 3 YEARS OLD

- Mix ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

## 4 YEARS OLD

- Peel eggs and some fruits
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and salads

## 5 YEARS OLD

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater



"Kitchen Activities." *Choose My Plate*, 14 Sept. 2016, <http://choosemyplate-prod.azureedge.net>.

**Let's Move**  
Pittsburgh

Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.lets-go.org](http://www.lets-go.org).