



Involving Keiki in the Kitchen

Stay-at-home orders provide an opportunity for keiki and families to gather, learn, and grow in the kitchen together.

“Cooking with kids is not just about ingredients, recipes, and cooking.

It is about harnessing imagination, empowerment and creativity.” - Guy Fieri

Benefits of Involving Keiki in the Kitchen:



Family Time:

Helps families create memories, while doubling as a learning experience.



Math Practice:

Helps keiki practice basic math (e.g. counting) and more complex ideas such as fractions and multiplying ingredients.



Life Skills:

Helps keiki appreciate nutrition, healthy habits and providing for themselves. Cooking is a basic life skill that can follow children into adulthood.



Exposure to New Foods:

Helps keiki create their own food, they will gain exposure to different tastes and textures, which can help picky eaters and other children develop healthier eating habits.



Development:

Helps keiki learn to mix and roll ingredients are a great way to teach fine motor skills and control, which can help with writing.



Confidence:

Helps keiki learn a life skill, they gain confidence that can be transferred into everyday life.

References

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Jobs For Keiki In the Kitchen By Age

2 - 3 Years

- Wash fruits and vegetables
- Tear lettuce and greens
- Pour wet and dry ingredients
- Stir batter in a bowl
- Pick herbs

4 - 5 Years

- Peel hard-boiled eggs
- Mash items such as potatoes, beans, spreads
- Measure wet and dry ingredients
- Crack an egg
- Spread butter and jam

6 - 9 Years

- Use a small knife
- Peel fruits and vegetables
- Scrape sides of ingredients in mixing bowl
- Grease a baking pan
- Slice bread
- Help put groceries away

Creative Kitchen Ideas:

Turkey Turtles: Fold a round slice of turkey in half. Pipe ketchup over the slice in a block pattern. Add a cherry-tomato head and asparagus-tip legs to complete the turtle transformation.

Feeling Faces: Using veggie slices, show feelings that toddlers recognize: happy, angry, sad, and surprised.

The Farmer in the Deli: Use farm-animal cookie cutters to cut out animal-shaped open-faced sandwiches, which look great with lettuce for grass and a French-dressing sun.

Updated: 4/2020

