



# Food Hero Kids Can—Kitchen Skill Building Worksheet

Preparing food together is a great way to bond with your kids. It also helps kids build healthy habits, and skills in cooking, reading, math, hand-eye coordination, multi-tasking and more! Plus, kids are more likely to try foods they helped you make.

Children don't all acquire the same skills at the same ages, so the skills below are not grouped by age levels. Only try a skill with your child if they feel they are ready, and always do it with them the first few times. **If you choose, check off a skill once your child has watched you do it, done it with you, or is able to do it on their own.**



## Washing and Rinsing

- Wash your hands for at least 20 seconds before preparing food.
- Wash the tops of cans before opening.
- Rinse and rub fruits and vegetables under cool running water.
- Swish salad greens in a bowl of water to remove dirt.
- Use a colander to rinse canned or dry beans and lentils under cool running water.



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## Preparing Fruits and Vegetables

- Peel bananas. Start at the end away from the stem, where the skin is easier to pull apart.
- Break off florets of broccoli or cauliflower.
- Snap off the woody end of asparagus stalks.
- Pull the husks and silk off corn.
- Separate winter squash seeds from stringy fiber and rinse seeds in a colander.
- Peel vegetables with a peeler to take off only a thin layer.
- Strip the leaves off lettuce and tear for salad.
- Mash bananas, berries or cooked carrots with a fork or potato masher.
- Spread vegetables on a roasting pan and add oil and seasonings.
- Shake smoothie ingredients in a closed jar or blend them in a blender.
- Fill a blender part way, leaving room for the foods to spin. Make sure the lid is on tight. Press the button to blend.

## Preparing Eggs

- Crack eggs.
- Beat eggs with a fork or whisk.
- Separate the egg white from the egg yolk.
- Peel hard-cooked eggs.

## Cutting and Grating

- Cut green onions, parsley, or cilantro with kitchen scissors.
- Cut ripe peaches, melon, strawberries, bananas, tofu, soft cheese or soft bread with a plastic knife or table knife into slices, chunks, or fun shapes. Practice holding fingers curled in like a claw.
- Use a cookie cutter to cut melon, bread, or soft cheese into fun shapes.
- Grate cheese with a box grater.
- Cut or tear bread into cubes for bread pudding.
- Open cans carefully and avoid sharp lid edges.





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## Measuring

- Measure salad dressing ingredients into a jar, close the lid tightly and shake.
- Count items, such as how many eggs are in a recipe.
- Measure ingredients for any recipe using different kitchen tools such as teaspoons for spices, dry-measure cups for flour, and liquid-measure cups for liquids. Use a food scale if you have one.
- Use a 1/4 cup measuring cup to pour muffin batter into tins and pancake batter onto a griddle.

## Cooking

- Read recipe directions out loud
- Gather ingredients and open packages.
- Stir ingredients together.
- Toast bread or English muffins.
- Knead dough, such as pizza dough; roll or pat dough into shapes with a rolling pin or clean hands.
- Spread the sauce on pizza dough with the back of a spoon.
- Spoon filling onto tortillas.
- Adjust the temperature on the stove.
- Set the timer for chilling, cooking, baking or roasting.
- Prick potatoes with a fork before baking or microwaving.
- Use a long-handled spoon or spatula to stir or break up foods safely during cooking.
- Read a food thermometer.



## Plating and Serving Food

- Sprinkle toppings on a salad, baked potato, pizza, quesadilla, fruit crisp or yogurt sundae.
- Cut pizza or quesadillas with a pizza cutter.
- Pour milk or water into glasses to drink with a meal.
- Prepare snack containers.
- Set the table.
- Arrange the foods on plates.
- Clear the table.
- Package leftovers to store in the refrigerator or freezer.
- Wash, dry, or put away the dishes.

## Meal-Planning

- Look through cookbooks and cooking magazines and websites like [foodhero.org](http://foodhero.org) to find recipes to try.
- Pick a night to choose the meal and make a shopping list of the ingredients needed.



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