

KITCHEN TOOLS FOR KIDS UNDER 12 YEARS OLD

Cooking with your kid is a wonderful way to introduce them to fresh food and encourage them to make healthy choices! These kitchen tools can get them started.

Top Tools for Kids 3-5 Years Old

Get your wee ones started cooking early with these kitchen gadgets, perfect for tiny hands.

- ❑ Measuring cups and spoons. Great as an introduction to learning measuring. Large handles are easy for little hands to grip.
- ❑ Spatula, whisk, and basting brush. These essential utensils are fun for kids and are used for a variety of recipes.
- ❑ Rolling pin. Lightweight wood pins are excellent for rolling out pizza and cookie dough.

Next Level Utensils for Kids 5-7 Years Old

As kiddos start to gain more experience and agility, they can graduate to more sophisticated equipment.

- ❑ Vegetable peeler. A versatile tool that will help tots get used to basic food prep and handling kitchen utensils.
- ❑ Scissors. Your child can cut herbs and bacon, de-stem kale, and more! Go for scissors with rounded tips.
- ❑ Small cut-resistant gloves. If you want to teach proper knife techniques under your supervision, safety gloves are critical to keeping inexperienced hands safe.

Professional Equipment for Kids 8 Years Old and Up

Older kids with honed fine motor skills can begin to learn about food safety and cutting techniques.

- ❑ Chef's knife. There are many types of kid-friendly knives! These include nylon knives, safety knives, and more. These tools allow children to practice safe knife holding and handling.
- ❑ Color-coded cutting boards. Vibrant cutting boards are not only appealing for kids to use, but they help teach about food safety:
 - Yellow for poultry
 - Red for meat
 - Green for veggies
 - Beige for fish
 - Blue for pre-cooked food

