



LIVINGSTON
FOOD RESOURCE CENTER
FOOD PANTRY • COMMUNITY KITCHEN

nourishing the minds, bodies, and hearts of our community's littlest chefs

Cooking Skills for Children By Age



AGE 3

- Pour liquid ingredients
- Stir or mix ingredients
- Mash foods like potatoes
- Spread foods like peanut butter and jelly
- Wipe cooking area with clean cloth



AGE 2

- Use senses to smell, touch, and taste
- Rinse/strain produce under running water
- Dump dry ingredients into mixing bowl
- Tear, squash, and sprinkle foods
- Place food on baking sheet



AGES 4-5

- Mix or knead dough
- Roll out dough
- Cut soft fruits with plastic knife
- Measure liquid and dry ingredients
- Crack open an egg
- Shape foods on baking sheet

***PLEASE NOTE EVERY CHILD IS DIFFERENT AND MAY NOT BE ABLE TO DO ALL TASKS AT HIS/HER AGE**

Call Kelsey @ 406-222-5335 for questions or email kelsey@livingstonfrc.org