

## Who does what?

1. You split banana lengthwise and lay on a small dish
2. Child spoons yogurt over banana
3. You drain canned fruit
4. Child spoons fruit over yogurt
5. You crumble graham crackers
6. Child sprinkles cracker crumbs over mixture

*Now, grab two spoons and share the banana boat for breakfast, lunch or snack.*



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and the environment.*

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A collage of several children's faces, including a young girl in a plaid shirt, a young boy in a soccer jersey, and a young girl in a white shirt, all smiling and looking towards the camera. The collage is set against a dark background and is framed by a thick black border.

# Kids in the Kitchen

Children like to help with simple jobs in the kitchen. By doing this they learn

- nutrition facts
- how foods are made
- skills like sorting, stirring, pouring and counting.

*It's also a wonderful way to spend time together.*

## What Can Children Do?

When your child is 2 years old, he can

- wipe table tops
- scrub vegetables
- tear lettuce or greens
- snap green beans
- wash salad greens
- carry ingredients

When you child is 3 years old, he can also ...

- wrap potatoes in foil
- knead dough
- pour
- mix ingredients
- spread soft spreads
- put things in the trash



When your child is 4 years old, she can also ...

- peel an orange or hard boiled egg
- mash bananas with a fork
- set the table

When your child is 5 years old, she can also ...

- measure ingredients
- cut soft foods with a plastic knife
- use a hand egg beater

*Praise your child for his efforts. Say things like, "You have been such a good helper today!"*

## Kitchen Safety

Children learn best by touching, tasting, and smelling but keep your child safe by staying with him.

Teach your child to:

- wash his hands when handling food
- stay away from hot stoves and ovens, sharp knives and appliances like blenders, mixers and toasters

*Expect a little mess. Clean up spills quickly so no one slips or falls. Have your child help you clean up.*

## Parent & Child Activities

Give your child jobs when she can count and figure things out.

Have her:

- count potatoes
- arrange potatoes from biggest to smallest
- tell how raw potatoes look and feel
- describe how potatoes change when they are cooked

*Try this simple recipe with your child.*

### Banana Boats

What you need:

- 1 small banana
- 1/2 cup yogurt
- small amount of canned fruit (peach or pear slices, fruit cocktail)
- 1 to 2 graham crackers

