

10

Cooking Activities for Toddlers & Preschoolers

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1. Fetch cans and packages from low shelves or cabinets.
2. Peel bananas.
3. Roll or crush crackers to make cracker crumbs.
4. Slice soft foods (cooked potatoes, bananas) with a table knife.
5. Pour liquids from small containers into bowl.
6. Wash fruits and vegetables.
7. Stir batters with whisks.
8. Use a rotary egg beater (with supervision.)
9. Place toppings on pizza or snacks (ants on a log.)
10. Spread soft textures with a table knife.



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