**Cooking With Preschoolers**

**A three year old can:**

* Add ingredients
* Talk about cooking
* Scoop or mash potatoes
* Squeeze citrus fruits
* Stir batter
* Knead and shape dough
* Name and count foods
* Help assemble a pizza

**A four year old can:**

**Do all a three year old can, plus:**

* Peel eggs and some fruits
* Set the table
* Crack eggs
* Help measure dry ingredients
* Help make sandwiches and tossed salads

**A five year old can:**

**Do all that a four year old can, plus:**

* Measure liquids
* Cut soft fruits with a dull knife
* Use an egg beater

*Information from www.Choosemyplate.gov*