

Age-Appropriate

Cooking & Chores for kids

1 Year

Cooking

Unwrap butter sticks
Pour water between containers in a sink, bathtub, or outside
Pour cooking ingredients into mixing bowl with assistance
Assist mixing in large bowls

Chores

Make bed with assistance
Pick up toys and books
Take dirty laundry to laundry room or put in hamper
Dust and wipe baseboards
Get dressed with some assistance

2 Years

Cooking

Wrap or unwrap potatoes in aluminum foil
Unwrap individual candy pieces (i.e. Hershey Kisses)
Pour cooking ingredients into mixing bowl
Stir ingredients in very large container
Mix ingredients with hands

Chores

Gather little trash cans to empty
Brush teeth with assistance
Fill pets food and water dish with support
Help set and clear the table
Assist emptying dishwasher

3 Years

Cooking

Assist in putting away groceries
Spread soft butter or jelly on bread or crackers, or icing on a cake

Chores

Set and clear off table
Put toys away with little guidance
Put clean laundry away in drawers
Get dressed and undressed and put on simple shoes
Wipe up spills
Make bed

4 Years

Cooking

Scrap pulp from squash or pumpkin
Shuck corn and peel hardboiled eggs or small oranges
Roll out sugar cookies, cinnamon rolls, or pie crust
Mash bananas and cooked potatoes, or chop vegetables
Wash fruits and vegetables
Stem cherries or grapes
Make small snack

Chores

Put items in the refrigerator or dishwasher
Fold simple laundry, hang shirts on a hanger, match sock
Wash off bathroom and kitchen countertops and tables
Water plants and flowers
Unload dishwasher
Take care of pet

5-6 Years

Cooking

Grate carrots, apples, or cheese
Fill a measuring cup by using a spoon and leveling with a butter knife
Cut soft foods (i.e. hardboiled egg, banana, cooked vegetables)
Make sack lunch with assistance

Chores

Set table with utensils in proper places
Sort dirty laundry and switch clothing from washer to dryer
Vacuum and sweep
Gather trash

7-11 Years

Cooking

Assist with meal prep and planning
Make basic cookies or muffins from recipe with little guidance
Put away groceries
Peel vegetables
Make sack lunch

Chores

Fold laundry
Wash mirrors, windows, and clean toilets
Weed flowerbeds and garden
Clean out car

12+ Years

Cooking

Plan and prepare simple, healthy meals
Plan grocery order based on recipes and a budget

Chores

Mow lawn, shovel snow, or rake leaves
Clean, vacuum, and mop bathroom, bedroom, kitchen, garage
Wash dishes and do laundry and ironing
Babysit
Wash car