



CLABBER GIRL®

FAMILY FUN ACTIVITIES

Family Fun Guidelines for All Ages

DEMONSTRATE HOW-TO'S

- Teach children how to wash their hands. Encourage them to keep their hands away from hair, nose, mouth, etc., while handling food.
- Show children how to use cooking utensils correctly.
- Use a preparation surface that is at the child's level. It is not safe for your child to stand on a chair or stool.
- Teach children how to clean up.

BE FLEXIBLE

Keep an ingredient substitution chart handy. Be willing to explore food substitutions for an ingredient your child cannot eat. Enjoy imperfections and creative shapes!

TALK TO YOUR CHILD ABOUT THE FOOD YOU ARE PREPARING

Reinforce math skills (counting, measuring, separating, sequencing of events, etc.). Notice your child's eye-hand coordination and use of small motor skills.



ENJOY BEING A TEAM

Sometimes you lead, sometimes you follow. Let this be a learning experience for you, too!

CHILDREN CAN DO MANY THINGS IN THE KITCHEN

Find out the guidelines by age for your children, and know what to expect.

Age Appropriate Skills

Preschooler	K - 2nd Grade	3rd - 6th Grade	Pre-Teen	Teen
<ul style="list-style-type: none"> • Read the recipe to them • Learn to wash hands, surfaces • Adult may pre-measure some ingredients, let them add to bowl • Stir, tear, squeeze, cut with plastic knife • May be able to cut shapes with cookie cutters, with supervision • Sprinkle baked goods with candies, chopped fruits, sugars, etc. 	<ul style="list-style-type: none"> • Everything a preschooler can do as well • Begin to read recipe and instructions • Chop soft foods, grating cheese • Wash fruits and vegetables • Measure, stir batters, knead dough 	<ul style="list-style-type: none"> • All of the above as well as • Read the recipe, assemble all ingredients • Learn how to use small appliances, preheat oven • Handle pans in and out of oven with parental supervision 	<ul style="list-style-type: none"> • With experience can do it all 	<ul style="list-style-type: none"> • Plan foods into menus, shop, teach someone younger

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