



## Tips for cooking with kids



### TOOLS OF THE TRADE

If you going to put effort in letting your children cook in the kitchen with you it might be a great idea to let them have their own equipment here's a great starter kitchen set for your young chefs

Measuring spoon set

Measuring cups: one for dry ingredients and one for wet ingredients

Wooden spoon

Apron or large t-shirt

Potholders and/or oven mitts

Small knife (plastic, paring, or as appropriate for your child

Vegetable peeler

Safety scissors

Rubber spatula

Small cutting board

rolling pin

fork or whisk for mixing

nylon heatproof spatula

dishtowel

sponge