



Skill Set 2

Kids Cooking Tools

foodliteracycenter.org/skillset2

Overview

There are so many tools kids can use safely in the kitchen. Below are some of our favorites.



Plastic knife: Introduce kids to safe knife skills with this beginner's knife



Measuring spoons & cups: Kids love to measure, count, and even learn fractions.



Food chopper: Kids can safely make small diced cuts for foods like onion, spicy peppers, or garlic.



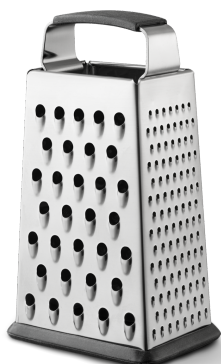
Citrus juicer: A fun and fast way to juice lemons, limes and other citrus.



Fingers: Kids tiny fingers are great for tearing herbs like cilantro or basil



Zester: Add citrus zest to make recipes sparkle.



Box grater: Grating veggies can add colorful veggie confetti to recipes. It's great for firm foods like carrots, radishes, or zucchini.



Glass or plastic jar: This is a good replacement for a whisk, because you can add all the ingredients to your jar, screw on the lid, and let kids shake, shake, shake!