

# STUDENT KITCHEN HELPERS

Give younger children quick simple tasks. Team up older children to work alongside younger children. Remind them of the importance of washing hands!

## STUDENTS CAN HELP WITH THE MANY TASKS OF A BREAKFAST, SNACK OR LUNCH PROGRAM.

Age	Suggested Tasks with Adult Supervision
5-8 years	<ul style="list-style-type: none"><li>• set the table</li><li>• place muffin liners in baking pans</li><li>• make toast</li><li>• put groceries away</li><li>• wash fruit and vegetables</li><li>• create colorful posters and placemats to decorate breakfast, snack or lunch room</li></ul>
9-12 years	everything above plus: <ul style="list-style-type: none"><li>• plan menus</li><li>• read recipes</li><li>• mix muffin batter</li><li>• measure ingredients and blend smoothies</li><li>• microwave oatmeal</li><li>• wash dishes</li></ul>
Teens	everything above plus: <ul style="list-style-type: none"><li>• grocery shop</li><li>• deliver snack to classrooms</li><li>• serve and eat with younger children</li></ul>

### STUDENTS CAN BE INVOLVED IN MENU PLANNING BY:

- checking local store flyers for weekly specials,
- assisting in developing and reviewing student food preference surveys,
- researching recipe ideas for special theme days, and
- asking staff and parents for food recipes.



### STUDENTS CAN BE INVOLVED IN SHOPPING IN VARIOUS WAYS:

- learning about vegetable and fruit quality,
- comparing prices,
- checking best before dates,
- reading labels, or
- plan a grocery store tour or field trip to a berry farm or farmers market.