

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	set the table place muffin liners in baking pans make toast put groceries away wash fruit and vegetables create colorful posters and placemats to decorate breakfast, snack or lunch room
9-12 years	everything above plus: plan menus read recipes mix muffin batter measure ingredients and blend smoothies microwave oatmeal wash dishes
Teens	everything above plus: grocery shop deliver snack to classrooms serve and eat with younger children

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 ethnic food recipes.



Students can be involved in shopping in various ways:

- learning about vegetable and fruit quality,
- comparing prices,
- checking expiry dates (spinach for example),
- reading labels (canned fruit for example), or
- plan a grocery store tour or field trip to a berry farm or farmers market.