**Cooking Skills for Age 8/9**

1. Measure liquid & dry ingredients
2. Use small knife to cut
3. Grate and peel cheese and vegetables
4. Mix, roll, and shape cookies
5. Knead dough
6. Crack eggs
7. Sprinkle, spoon, and mix ingredients (salads, dips, batter)
8. Use microwave and blender

**Additional Cooking Skills for Age 10/11**

1. Use sharp knives with supervision
2. Use a mandolin to slice
3. Peel, cut, chop, shred, grate vegetables & fruit
4. Use stovetop with supervision
5. Insert baking trays in the oven
6. Follow recipes with few ingredients
7. Plan a meal

**Additional Cooking Skills for Age 12 or older**

1. Insert and remove food from the oven
2. Follow recipes with many ingredients
3. Plan a meal for the whole family
4. Prepare a meal for the whole family