



**National Fire  
Protection Association**

The authority on fire, electrical, and building safety

[Join NFPA](#) | [Renew Mem](#)

[Home](#) [About Us](#) [Career Center](#) [Press Room](#)

[NFPA CATALOG](#)

[CODES & STANDARDS](#)

[RESEARCH & REPORTS](#)

[LEARNING](#)

[PUBLICATIONS](#)

[Sign-in](#) | [My Profile](#) | [View Cart](#)

[Your cart](#) contains 0 items | Tuesday, August 15,

Search



[Home](#) > [Learning](#) > [Fire Prevention Week](#) > [For kids and families](#) > [Tips and recipes](#)



## Tips and recipes

Learning

[Tips and recipes](#)

[printer version](#)

[email page](#)



Do you like helping out in the kitchen and cooking up tasty snacks for your friends and family? Preparing yummy treats can be lots of fun, but it's important that kids who like to cook know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own - and when it's time to ask a grown-up for help.

**Getting started** - Before you get cooking, you need to get a grown-up's permission. If you plan to use a recipe, look it over with a grown-up first to decide what you can do on your own and what you need help with. And once you get started, never be afraid to ask for help. Even the best chefs rely on their assistants to help them out in the kitchen.

**Helping out is fun** - From mixing up cake batter to cutting shapes out of cookie dough, helping a grownup in the kitchen can be lots of fun. So if you're not old enough yet to cook on your own, not to worry; being the chef's helper is the most important job in the kitchen.

All kids are different - and a grownup should always decide what is safe for you to do in the kitchen - but here are some guidelines that you can use.

### Kids ages 3-5 can...

- Get ingredients out of the refrigerator
- Lick the cake batter off of a spoon (yum!)
- Mix ingredients together in a bowl
- Pour liquids into a bowl
- Wash fruits and vegetables off under cold water
- Use a cookie cutter to cut shapes out of cookie dough



### Kids ages 6-8 can...

- Open packages
- Use a butter knife to spread frosting, cream cheese, peanut butter or soft cheese
- Peel vegetables
- Measure ingredients
- Stir ingredients in a bowl
- Set the table



## Kids ages 9-12 can...

- Begin to follow a recipe
- Open cans
- Use electrical kitchen appliances, such as a blender, electric mixer, microwave oven or toaster oven when a grown-up is present
- Make a salad
- Use a grater to shred cheese and vegetables
- Turn stove burners on and off and select oven temperature when a grown-up is present
- Help plan the meal



## Kids ages 13 & above can...

- Operate the stove or oven without an adult present
- Heat food up in the microwave without an adult present
- Drain cooked pasta into a colander
- Take a tray of cookies out of the oven



[top of page](#)

Spar  
No-C  
Reci

There  
thing  
make  
turni  
the o  
recip  
snack  
famil

Ants  
Ingre  
pean  
Have  
celer,  
piece  
spoon  
sprea  
onto  
with :

Spar  
Ingre  
wafel  
choco  
Using  
knife  
onto  
anot  
make  
dots  
top w  
Sparl

Spot  
no-c  
Ingre  
pean  
powd  
1/2 cu  
2 cup  
cerea  
Krisp  
Mix t  
ingre  
Stir i  
mixtu  
place  
waxe

Fi  
re  
o

NFPA Mission: Reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education. [More about NFPA.](#)

[Advertising](#) | [Privacy Policy](#) | [Terms of Use](#) | [Help](#)

© [Copyright](#) 2006, NFPA. All rights reserved.

**URL:** <http://www.nfpa.org/itemDetail.asp?categoryID=1252&itemID=29107&URL=Learning/Public%20Education/Fire%20Prevention%20Week%202006/For%20kids%20and%20families/Tips%20and%20recipes>