

Action Plan: Choose Kid-Friendly Jobs

Write each of your children's names next to the jobs you think they are ready to learn and handle.

Meal Planning			
Preschoolers	Name of child:	Older kids	Name of child:
Gather the meal planning tools		Check off food items on the inventory	
Gather the cookbooks		Write down the plan	
Hang the plan in the kitchen		Navigate <i>Health eKitchen</i>	
Return the tools		Look through cookbooks	
Choose foods		Choose cook method	
		Organize coupons	
		Find sale items in-store flyer	
Meal Prep			
Preschoolers	Name of child:	Older kids	Name of child:
Grabbing ingredients from storage		Setting the table	
Counting ingredients		Plating	
Finding foods by color		Chopping	
Spreading		Peeling	
Opening doors, containers, packages		Storing	
Closing doors, containers, packages		Recycling	
Scooping		Composting	
Pouring		Washing dishes	
Stirring		Loading dishwasher	
Plating		Stirring	
Tearing or breaking		Toasting	
Sprinkling		Pouring	
Washing fruits/vegetables		Mixing	
Tossing waste (into compost/trash)		Rinsing	
Timing		Gathering	
Taste testing		Packing	
		Sealing	
		Unpacking	