Project CHEF
Cook Healthy Edible Food

A GUIDE FOR PARENTS

At Project CHEF, we believe that children of any age are capable of helping out in the kitchen. It's hard to put a number on what age your child may start using a knife, but if you are looking for a place to start, we have a few helpful tips to get your kids in the kitchen.

In the classroom, we have taught children as young as 4 years old how to cut safely with a knife. This, of course, requires close supervision and a more hands-on approach than with an 8 year old but it can be done. We have seen students in Grade 1 go from never before holding a knife, to confidently and independently cutting on their own over the course of one week.

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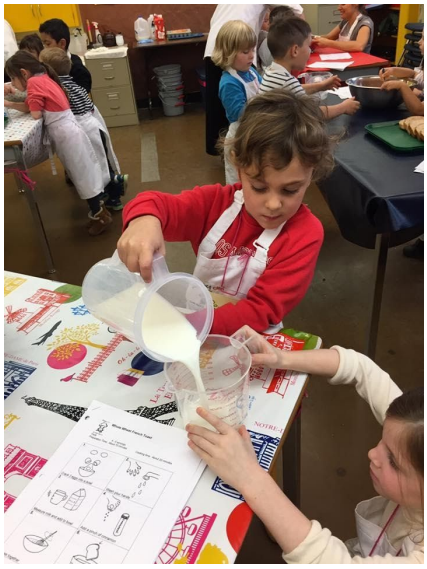
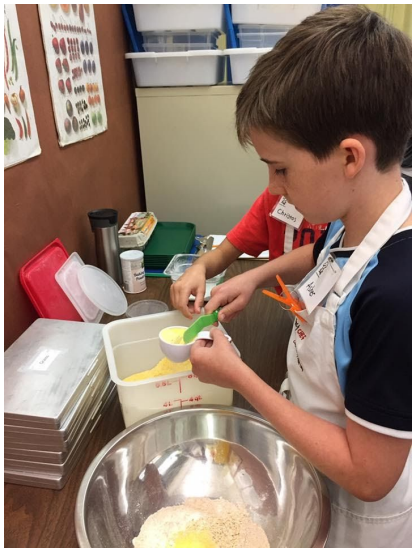
If you feel that your child is not quite ready to learn how to use a knife, there are plenty of cooking skills they can learn using their hands and other kitchen tools.

Where to START

Using Your Hands	Cooking Skills
Tearing (herbs, cheese, greens, vegetables)	Mashing
Greasing a pan	Whisking
Measuring liquid & dry ingredients	Mixing
Cracking eggs	Folding
Washing & drying dishes	Emulsifying
Setting the table	Juicing
Mixing ingredients	Creaming
Kneading dough	





Next, you might like to introduce using handheld equipment, including those with sharp blades or edges. Watch our Sharp Hand Tools (link) video to learn how to safely use these tools.

What comes NEXT

Using Sharp Hand Tools

Micro-plane
Box grater or Flat grater
Vegetable Peeler
Melon Baller

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When you are ready to introduce using a knife, there are some very important safety measures to follow. Watch our Knife Skills (link) video for an easy-to-understand introduction to holding a knife and cutting.

Progress to CUTTING & COOKING

Knife Skills	Cooking at a Stovetop
Holding a knife	Stovetop Safety
Claw & Saw	Adding Ingredients to a Hot Pan
Teeter Totter	Flipping
Cutting Fruits and Vegetables	Stirring
	Sautéing
	Stir-frying

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There is not one approach to introducing cooking skills. Do what your feel works best for your children and your family. At the end of the day, the more hands helping in the kitchen, the better. Refer to our Top Tips for Cooking (link) before getting started.

COOKING PROGRESSION AT A GLANCE

START →

Using Your Hands	Cooking Skills	Using Sharp Hand Tools	Using a knife	Cooking at a stovetop
Tearing (herbs, cheese, salad greens) Greasing a pan Measuring liquid & dry ingredients Cracking eggs Washing & drying dishes Setting the table Mixing ingredients Kneading dough	Mashing Whisking Mixing Folding Emulsifying Juicing Creaming	Micro-plane Box grater or Flat grater Vegetable peeler Melon baller	Holding a knife Claw & Saw Teeter Totter Cutting fruits and vegetables	Stovetop Safety Adding ingredients to a hot pan Flipping Stirring Sautéing Stir-frying
(video coming soon)	(video coming soon)	(link video)	(link video)	(video coming soon)

RECIPES TO GET YOU STARTED

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We have categorized our recipes to help you choose ones suitable to your family.

Beginner (no cutting or stovetop cooking)

- Spelt Bread
- Brownies
- Apple Bites (apples pre-cut)
- Luscious Lemon Squares
- Lemon Bread Pudding
- Summer Black Bean Dip
- Super-Fast Guacamole
- Fruit Kebabs with Orange-Cinnamon Yoghurt Dip (fruit pre-cut)
- Whole Wheat Baguette
- Naan
- Critterless Caesar Salad (adult help with croutons)
- Eggy Bread Egg Nests
- Jiffy Chocolate Cake
- Bird's Nest Cookies
- Smoothie
- Whole Wheat Pizza
- Double Corn Bread
- Pita Bread
- Tzatziki
- Soda Bread
- Banana Sushi (adult can help cut)
- Chocolate Chip Cookies

Intermediate (some cutting or cooking)

- Apple Bites
- Roast Potatoes
- Herby Egg and Collard Green Wraps
- Fresh Tomato Salsa
- Tofu & Veggie Kebabs
- Whole Wheat Quesadilla
- Vietnamese Spring Rolls
- Chocolate Pudding
- Oven-Roasted Yam Wedgie Fries
- Roast Chicken with Herbs
- Potato Gnocchi
- Quinoa Salad with Fresh Herbs and Veggies
- Apple Berry Crumble
- Apple Buckle
- Greek Salad
- Calzone
- Whole Wheat Pancakes
- Tuscan-Style Tomato Sauce

Top Chefs (cutting & stovetop cooking, more advanced fine motor skills)

- Frittata
- Kung Pao Chicken
- Tomato Soup
- Cous Cous
- Fraser Valley Summer Succotash
- Maple-glazed Salmon
- Maple Sticky Buns
- Miso Soup

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- Ratatouille
- Farm Fresh Omelette
- Chana Masala
- Fish Tacos
- Spanakopites
- Chicken Fajitas
- Pasta with Tomatoes & Herbs
- Salmon Yakitori
- Veggie & Brown Rice Maki Rolls

HAPPY COOKING CHEFS!

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