



FOUR FUN KITCHEN DUTIES

Chores aren't so bad when we share them! Here are some ways to share chores in the kitchen.

- **Taking Inventory:** Let your child help you make the shopping list. As you look through your food and supplies, ask your child to describe how much of each item remains. Is the milk almost empty or almost full? How many eggs are left in the carton?
- **Food Shapes and Sizes:** Use your cabinet or pantry shelves to practice sorting skills. Ask your child to help you sort things by size, shape and color or by container types (boxes, cans, jars, bags).
- **Cooperative Cooking:** Invite your child to help you prepare a meal by performing a specific job like getting the ingredients, utensils or pots and pans.
- **What Comes Next?:** Let your child help you decide, "What comes next?" as you go through the steps of baking, cooking or preparing a meal. Predicting and sequencing skills are skills that they will use in school everyday.

