Ten Tips for Baking Success

1. **Allow time for family baking.**
   - Turn off distractions of television, cell phones and computer.

2. **Wash hands and counter tops before starting.**
   - Wear apron or large T-shirt to protect clothes.
   - Long hair should be banded or covered.
   - Roll-up long sleeves.

3. **Stay safe! See The Thrill of Skill Fact Sheet for age-appropriate baking tasks.**

4. **Before you start: Read the recipe top to bottom.**

5. **Gather all the ingredients and equipment.**

6. **Use the right tools and measure correctly.**
   - Pour liquids in a clear liquid measuring cup placed on the countertop and read at eye level.
   - Use standard dry measures for dry ingredients.
   - Use measuring spoons for small amounts less than ¼ cup.

7. **Ingredient basics.**
   - Use butter or hard stick margarine (80% fat), not a spread or reduced-fat product.
   - Stir dry ingredients and spoon into dry measuring cups and level with a flat-edged utensil.
   - Sift only if the recipe specifies to pre-sift before measuring.
   - Avoid measuring ingredients over the mixing bowl.
   - Large eggs are the standard used in home baking.

8. **Take it one step at a time.**
   - Gather ingredients.
   - Do pre-preps for ingredients and equipment as needed.

9. **Oven ins and outs.**
   - Before preheating, make sure the oven racks are in the right place for the pans and recipe.
   - Allow 10 minutes for oven to preheat.
   - Place pans in the oven so they do not touch each other or the oven sides. Do not place pans on racks directly below or above another pan.
   - Keep clean, dry oven mitts or pads close by.
   - Have cooling racks ready.

10. **Clean up during preparation and while the product bakes.**

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### The Thrill of Skill

#### Age-Appropriate Kitchen Tasks

**Let older children help teach younger ones – everyone benefits!**

**2 years old:**
- Proper hand washing
- Wipe table tops
- Play with safe utensils
- Scrub, wash, tear, snap, break into pieces
- Move pre-measured ingredients from one place to another
- Add ingredients to a bowl

**3 years old:**
- All of the above plus...
- Handle dough, begin kneading, simple shaping
- Pour cool liquids into mixture
- Mix dry ingredients with wire whisk or spoon in extra large bowl
- Shake liquids
- Spread soft spreads
- Place things in trash

**4 years old:**
- All of the above plus...
- Peel loose skinned oranges; hard cooked eggs
- Form round shapes with dough
- Mash fruits (bananas) or cooked vegetables
- Cut with dull scissors (snip green onions, dried fruits)
- Set table

**5 to 6 years old:**
- All of the above plus...
- Help measure dry ingredients (stir, spoon, level)
- Cut with a blunt knife (plastic or tableware)
- Use a hand held egg beater or whisk
- Crush crackers in a bag with a rolling pin
- Sprinkle ingredients on salads, cakes, cookies, casseroles

**6 to 8 years old:**
- All of the above plus...
  - Clean surfaces before and after
  - Wash fruits and/or vegetables
  - Gather ingredients and equipment
  - Grease or spray baking pans
  - Measure dry ingredients
  - Measure liquid ingredients
  - Add measured dry and liquid ingredients into mixing bowl
  - Learn to crack eggs
  - Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
  - Push buttons on blenders, processors with adult
  - Knead dough
  - Preheat oven (adults help load products in hot oven)
- Wash dishes, put away ingredients or utensils

**9 to 12 years old:**
- All of the above plus...
  - Learn safe knife skills (chopping, dicing, and cutting)
  - Handle food equipment safely
  - Place oven racks and load oven (while oven is cold)
  - Safe operation of electric equipment (mixer, microwave, bread machine food processor, etc.)
  - Follow a recipe (measure accurately, prepare a product)
  - Read ingredient and food labels
  - Safely handle/store ingredients/finished products
  - Plan and prepare simple meals, snacks
  - Set table
  - Grease or spray baking pans
  - Measure dry ingredients
  - Measure liquid ingredients
  - Add measured dry and liquid ingredients into mixing bowl
  - Learn to crack eggs
  - Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
  - Push buttons on blenders, processors with adult
  - Knead dough
  - Preheat oven (adults help load products in hot oven)
  - Wash dishes, put away ingredients or utensils

**13 years old and up:**
- All of the above plus...
  - Tasks requiring multiple preparation steps or close timing
  - Create new flavor combinations, shapes or decoration
  - Plan and prepare whole menus for meals or entertaining
  - Make shopping lists and shop for ingredients
  - Help younger children learn about food and how to prepare
  - Enjoy cooking with peers