

# KITCHEN CHORES

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## by age

### 2-3 YEARS

- Help set the table
- Sweeping using dust pan & broom
- Change dish towels
- Fill water glasses
- Dry small utensils once cleaned

### 4-5 YEARS

- Help wash / dry the dishes
- Help stack dishes into the dishwasher
- Clear dishes from the table
- Help put groceries away
- Minor food prep such as peeling or washing vegetables

### 6-7 YEARS

- Increase food preparation for meals
- Wipe benches down
- Handwash dishes
- Unload the dishwasher
- Put dishes away

### 8-9 YEARS

- Take the rubbish out
- Change rubbish bag
- Wipe down benches
- Sweep floors

### 10-11 YEARS

- Help with meal planning
- Meal preparation for simple meals
- Handwash all dishes (including large items)
- Make parents cups of coffee

### 12+ YEARS

- Cook complete family meals
- Mop the floors