Kitchen Helper Reward Tracker

Celebrate effort, practice, and safe cooking habits

Perfect for building confidence, coordination, and independence in the kitchen.

Parent Note: Focus on progress, participation, and safe habits rather than perfection.

Kitchen Safety Rules

- [ ] Wash hands before cooking
- [ ] Ask an adult before using tools
- [ ] Use a step stool safely
- [ ] Keep fingers away from sharp edges
- [ ] Move slowly around hot food
- [ ] Help clean up when finished

This Week I Helped With

- [ ] Washing fruit
- [ ] Stirring ingredients
- [ ] Rolling dough
- [ ] Measuring ingredients
- [ ] Spreading toppings
- [ ] Making a snack
- [ ] Setting the table
- [ ] Cleaning up

My Kitchen Star Chart

Day	Star
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Today I Learned

A new food I tried: _____

A kitchen job I liked: _____

A skill I practiced: _____

Something I feel proud of: _____

Kitchen Helper Award

This certifies that _____

was a wonderful kitchen helper today!

Date _____ Signed by _____