



My First Christmas Kitchen Activity Pack



Simple recipe planning pages, kitchen safety reminders, song cards, colouring activities and a certificate for little Christmas helpers.



Created for

Kids Songs Learning Hub

kidssongslearninghub.com

Print, sing, cook safely and make joyful Christmas memories.



How to Use This Pack

This printable is designed to sit beside the article 15 Easy Christmas Kitchen Activities for Kids. Use it to plan one simple activity at a time, choose safe child-friendly jobs and add a short song or chant to make the routine feel playful.

Quick start

- ☐ Choose one kitchen activity, not all of them.
- ☐ Read the safety page first.
- ☐ Give your child one small job at a time.
- ☐ Sing the short kitchen song while you cook or tidy.
- ☐ Celebrate effort, not perfect results.

For toddlers

Keep jobs tiny: sprinkle, point, count, place prepared pieces.

For preschoolers

Try spreading, stirring cool ingredients, choosing colours and singing the steps.

For older children

Add measuring, simple decorating, recipe planning and safe clean-up jobs.

Important reminder

This pack is for general family activity use only. It is not medical, nutrition, allergy, choking, food safety or childcare advice. Always adapt activities for your own child and seek professional advice if you are worried.



Christmas Kitchen Safety Rules

1

Wash hands before cooking and eating.

2

Adults handle ovens, hobs, hot trays, boiling water and melted chocolate.

3

Adults handle knives, graters, scissors, skewers and toothpicks.

4

Check allergies and dietary needs before using ingredients.

5

Cut small, round or firm foods into safer pieces for young children.

6

Avoid hard sweets, whole nuts, popcorn and choking-risk toppings for toddlers.

7

Children should sit down while eating and be supervised.

8

Keep cleaning sprays, dishwasher tablets and chemicals away from children.

9

Let hot food cool before serving.

10

If in doubt about food safety, throw it away.

Grown-up promise: I will stay close, keep it safe and make the kitchen activity calm, short and fun.



Child-Friendly Kitchen Jobs

Choose jobs that match your child's age, attention, chewing ability and safety needs.

Toddlers

- ☐ Point to ingredients
- ☐ Name colours
- ☐ Count toppings
- ☐ Place soft fruit pieces
- ☐ Sprinkle cheese
- ☐ Stir cool mixtures
- ☐ Wipe a small area
- ☐ Choose a song

Preschoolers

- ☐ Spread soft toppings
- ☐ Scoop yoghurt
- ☐ Decorate biscuits
- ☐ Sort shapes
- ☐ Help set napkins
- ☐ Make patterns
- ☐ Sing recipe steps
- ☐ Tick the checklist

Older children

- ☐ Measure ingredients
- ☐ Read simple steps
- ☐ Help design plates
- ☐ Package treats
- ☐ Write labels
- ☐ Plan a recipe
- ☐ Help with safe clean-up
- ☐ Make a thank-you card

Today's little helper job

Child's job: _____

Grown-up job: _____



My Christmas Recipe Planner

Plan one simple activity before you start. Keep it short, safe and joyful.

Recipe/activity name: _____

Date: _____

Song to sing: _____

Ingredients we need:

Safety checks before we start:

- ☐ Hands washed
- ☐ Allergies checked
- ☐ Adult handles hot/sharp jobs
- ☐ Food cut safely

Three simple steps

1

2

3



Colour, Count and Decorate

Use this page after decorating pancakes, cookies, fruit cups or toast.



Topping tracker

Topping	Colour	How many?

Song prompt: Sprinkle, count, decorate, Christmas fun is on my plate!



Santa Fruit Cup Card

A simple visual recipe card for a festive snack activity.

You may need

- ☐ Yoghurt or suitable alternative
- ☐ Prepared strawberry pieces
- ☐ Prepared banana pieces
- ☐ Small soft topping, optional
- ☐ Cup, spoon and napkin

Steps

1

Add yoghurt to the cup.

2

Add Santa's red hat.

3

Add banana face.

4

Add beard and serve safely.

Song to sing

Spoon the snow, soft and white, Santa's hat is red and bright. Banana face, a little cheer, Christmas snack time is here.

Safety: Adults prepare fruit safely. Check allergies. Supervise children while eating.

Snowman Pancake Card

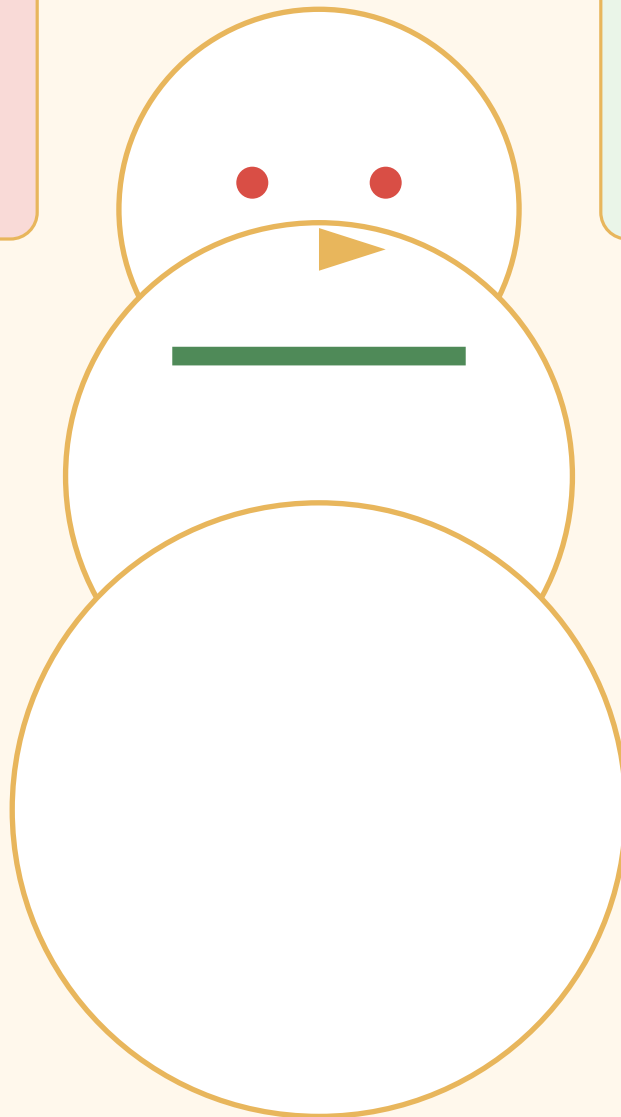
A simple counting and decorating page for a Christmas breakfast activity.

Count

- ☐ 1 head
- ☐ 2 body
- ☐ 3 base

Decorate

- ☐ eyes
- ☐ nose
- ☐ scarf



Song to sing

One little pancake, two, then three, build a snowman just for me. Eyes and buttons, scarf so bright, Christmas breakfast feels just right.

Safety: Adults cook pancakes and handle hot pans. Let food cool. Cut toppings safely and check allergies.

Christmas Cooking Songs

Use these short chants to make cooking and clean-up feel like a game.

Handwashing song

Wash, wash, little hands, stir and sprinkle when we can. Clean hands, happy cheer, Christmas cooking time is here.

Sprinkle song

Sprinkle here, sprinkle there, Christmas colours everywhere. Count one, two and three, a little helper just like me.

Clean-up song

Wipe, wipe, clean the tray, Christmas helpers save the day. Spoons away, cups in line, tidy kitchen, looking fine.

Make your own cooking song

Action word: _____

Ingredient: _____

Counting word: _____

Happy ending: _____



I Helped in the Kitchen Today

Tick a star each time your child helps with a safe kitchen job.

 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____
 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____
 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____
 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____

What did I help with?

Praise idea: You helped so carefully. I loved how you counted, sprinkled, stirred and sang with me.

My Favourite Christmas Recipe

A simple memory page for your little Christmas helper.

My name: _____

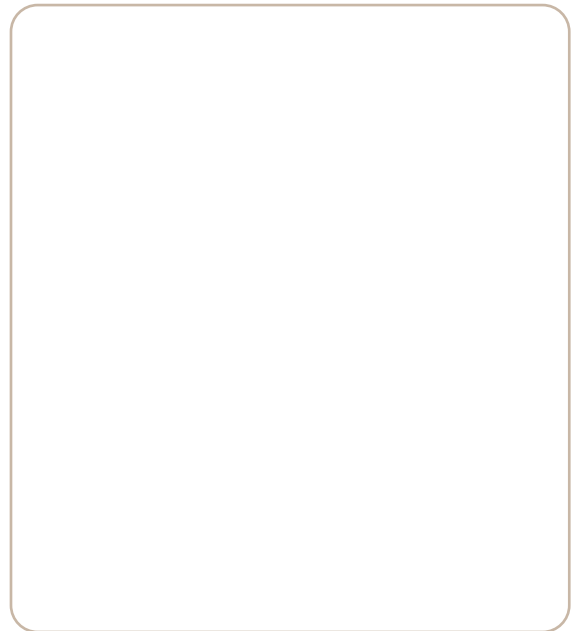
My favourite recipe was: _____

The song we sang was: _____

I helped by:

- ☐ stirring
- ☐ sprinkling
- ☐ counting
- ☐ decorating
- ☐ washing hands
- ☐ tidying up
- ☐ choosing colours
- ☐ singing

Draw your recipe here



A grown-up memory from today:





Little Christmas Helper



Certificate

This certificate is proudly presented to

for helping safely in the Christmas kitchen, singing along, trying a kitchen job and making a joyful family memory.

Date: _____ Signed: _____



Kitchen helper cheer

*I stirred, I counted, I helped today,
I made Christmas bright in my own little way.*

