

Should three year-olds learn to cook?

Allegra McEvedy: What about the health and safety thing?

Jo Ingleby: Well, we have these knives – the only danger with them is poking them in eyes. It's pretty hard to cut yourself... you could bruise yourself.

KNIFE SKILLS

Allegra: I'm going run through some child-friendly chopping techniques to show your kids. First the bridge. Bridge!

The knife goes under the bridge and cuts through like that.

Next up, the claw. It's really important when you go through this with your kids that you keep your thumb tucked right back closest to your body, and your fingernails pointing straight down so you can't see them. And you use the knuckle here of your fingers to chop against. And that way you won't lose your thumb or your fingernail or any other part of you.

HOB SAFETY

Jo: This is a special hob, it's not just any old electric hob this is an induction hob. It works with a magnetic charge to the pan. It's very safe for the kids to use, because when you take the pan off the heat the surface cools down really quickly. So they're not going to suddenly burn their hands on it.

We are aware that when the kids go home, they won't have an induction hob. So we teach them to be careful but confident with cooking.

SAFE GRATING

Allegra: Grating can be tricky, because you can take your fingertips off, which would be ouchy. So the lesson is to keep your fingers a nice distance away from the grater. And then you go down, up, down, up, down, up... and then you're left with some lovely grated carrot.

(To the children) Did you get any out? Aren't you clever?

There are literally hundreds of meals you can make with the little people – healthy, nutritious stuff, not just baking. What's more it's fun. Even the washing up!

(To the children) Move over guys, here come the big guns!

Child: No, we don't need your help!

Allegra: Oh, right! I'll take that one.