



### *Prepare*

Always wash your hands before and after cooking.  
Tie back hair.  
Wear an apron and roll up your sleeves.



### *Adult Supervision*

Always ask an adult before handling knives, stoves, ovens, or hot things.



### *Use Caution*

Handle knives and other sharp equipment with care.  
When using a knife, always cut away from yourself or downward on a chopping board to avoid cutting yourself.

# *Cooking with Kids*

## *Kitchen Safety Chart*



### *Keep things Clean*

Keep food preparation surfaces clean.  
Wash kitchen and eating utensils after use in warm, soapy water.



### *No Running*

Do not run around the room where food is being prepared.  
Wipe food immediately after it has spilled.



### *Beware of Heat*

Turn handles of saucepans away from the front of the stove when cooking.  
Use oven mitts when taking hot dishes from the oven or microwave.