Cooking with Kids
Kitchen Safety Chart

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

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

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.

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.