

Kitchen Safety Sheet

Parents, please review these important kitchen safety rules with your child prior to class.

Always wash your hands before and after touching food.

Tie back long hair.

Wash fruit and vegetables with cold water before use.

Always ask an adult before handling knives or going near hot things.

Handle knives and other sharp equipment with care.

When using a knife always cut away from yourself or downwards on a chopping board to avoid cutting yourself.

Turn handles of saucepans away from the front of the stove when cooking.

Use oven mitt when taking hot dishes from the oven or microwave.

Do not run around the room where food is being prepared.

Wipe up food spills immediately.

Remember the no lick zone.

