

# Safe Cooking Tips for Kids

## KEEP GERMS AWAY FROM FOOD!

- Always wash your hands with soap and warm water right before you begin cooking, after using the restroom, after you touch your pets, after you cough or sneeze into hands, and after handling raw meat, fish, or eggs.
- When washing hands, rub hands together with soap and water for at least 20 seconds, making sure to clean nails and between fingers, before rinsing off all soap.
- Never lick your fingers; this can make yourself or others sick!
- If you have to sneeze or cough, don't do it over the food. Sneeze or cough into your sleeve rather than hands.
- Tie back long hair before you start cooking.



## STAY SQUEAKY CLEAN!

- Clean as you go! Wash surfaces and dishes throughout cooking so your work area stays clean and organized, and you don't end up with a mega-mess.
- Dishes should be washed with hot (but still comfortable), clean, soapy water. Start with the cleanest dishes first. Dry with a clean towel.
- To keep messes from getting on your clothes, wear an apron!



## HANDLE WITH CARE!

- Never rush or run in the cooking space.
- Don't touch hot pans and dishes! Any dishes on a heated stove or in the oven can be dangerously hot even if you can't tell by looking. Use oven gloves if you have to move a hot dish, and ask for help moving heavy dishes.
- Knives, blenders, and food processors all have very sharp blades and should be used with care. Have an adult show you how to use these tools properly. Always keep fingers out of the way when cutting.
- Never place metal utensils or foil in the microwave, and always use microwave-safe dishes.

