

Safety Tips When Cooking With Kids

Kids in the kitchen require a safe environment and some specific, firm cooking rules so injury from burns or cuts are avoided. There are some easy steps you can implement to create a safe environment for kids to help cook and make it fun!



Here are some kids-in-the-kitchen guidelines and ideas:

- Teach children to always start with washing their hands before handling foods.
- Teach kids to be prepared by have the ingredients neatly lined up and all the measuring items set out on the counter
- Have the TV off so there is no distractions and children can focus on their task
- Teach children to always ask before using any electric items, appliances or sharp utensils
- Have all knives and other sharp objects out of reach
- If your child is older, teach them to point the knife away from them before cutting food while you are there to supervise. Or depending on their age have them use a plastic knife (with adult supervision) to slice foods
- Teach kids to use potholders not dish rags or dish towels if they are old enough to work with the stove and oven. Keep pot handles toward the back of the stove and teach children this very important safety measure

It won't be long before the younger ones are older and can perform more duties in the kitchen. They can benefit now from seeing you use these safety precautions and learning why it is so important.

