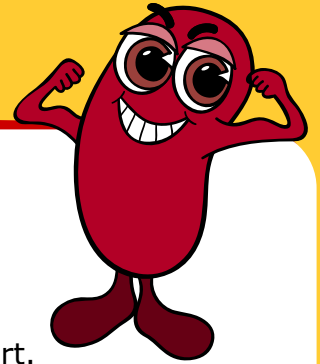


KIDS KITCHEN



Kitchen Safety Checklist:

- ✓ Check with Mum or Dad you are allowed to cook.
- ✓ Wash your hands with warm soapy water before you start.
- ✓ It is a good idea to wear an apron to stop any yucky bits getting on your clothes.
- ✓ In the kitchen you need to protect your feet so always wear shoes that are covered in, just in case you spill boiling liquid or drop something like a heavy saucepan. Knives can also be very dangerous; no-one wants their toes stabbed!
- ✓ Speaking of knives, only use them if Mum and Dad have given you permission. Don't forget to keep **any sharp utensils** out of the reach of your younger brothers or sisters.
- ✓ Never put sharp knives into a sink of water – can you imagine what would happen if you dive your hands into a sink full of soapy water? You can't see the knives are in the water so you can easily cut yourself... ouch! When you are washing knives always turn the sharp side away from your fingers.
- ✓ Chopping boards sometimes wobble around and are dangerous to cut on with a sharp knife because they can slip. Place a damp dishcloth or tea towel under the chopping board to make a more stable surface to chop on.
- ✓ Always get an adult to assist you put anything into, or take anything out of, the oven, and always wear oven mitts to protect your hands from being burnt. Never ever use a damp tea towel as the heat from the pans or trays will be easily transferred through the tea towel and burn your hands.

Cooking on a hotplate demands good safety rules:

- ✓ Saucepan handles left sticking out will soon get knocked over when people walk past the hotplate so make sure the handles are all turned inwards.
- ✓ When you are stirring something always make sure to hold the handle to keep the saucepan stable, and use an oven mitt if the handle is too hot.
- ✓ Tea towels or cloths can catch fire easily, especially near gas hotplates, so be careful to keep them away from heat. Use oven mitts for lifting hot things.
- ✓ Never put **HOT** saucepans, cake pans/tins or biscuit trays onto the kitchen bench – Mum or Dad will not be happy if the bench gets burnt. Always put hot things onto a heat proof stand.
- ✓ Never ever use electrical appliances near water as they can electrocute you, and never ever have wet hands. Always dry your hands well before starting to cook.