

# Kitchen Safety

## for Kids

### Clean, Clean, Clean

- Washing their hands, scrub under their nails too!
- Washing the counters or other surfaces that they will be using.
- Washing all fruits and vegetables.

### Safely Using Knives

- Make sure to use a cutting board
- knives only with adult supervision
- right size for small hands
- cutting cut in a downward motion

### Neat, and with Permission

- Make sure that long hair is tied back, especially when using a mixer. As well as rolling up their sleeves.
- Make sure your kids know that they need to have permission and adult supervision when cooking.
- In keeping with washing, make sure they understand how dangerous it can be to leave messes such as spills uncleaned. The flour on the floor is very slippery.

Have fun spending time together in the kitchen.