

RULES OF THE KITCHEN



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Getting Started – Rules of the Kitchen

There are a few basic rules that need to be followed for a safe cooking experience. Discuss these with your child, demonstrating as needed:

1. Always wash your hands before preparing any food.
2. If you have to cough or sneeze while preparing foods, turn your head away from the food, cover your mouth with a tissue, and wash your hands well.
3. If you take something out, put it away. It is easier to put things away as you go, and the counter will be less cluttered.
4. If you accidentally spill something, clean it immediately.
5. Always be conscientious of hot items. Remember that an electric burner is hot long after it is turned off. Use hot pads to lift anything out of the microwave or oven. Be careful of steam.
6. When cooking on the stovetop, make sure that the panhandles are pointed towards the center of the stove.
7. When using a knife, always cut away from yourself.
8. Never taste test with the cooking spoon. To taste as you work, pour a bit of food from cooking spoon to tasting spoon.
9. Don't lick your fingers.
10. Add your own kitchen rules to the list

Cut all pages on solid lines. Stack with cover on top and staple on left side. List kitchen rules.