

9 Kitchen Safety Rules for Kids and Families

Your kids will feel proud and important when they help prepare food! Helping with chores in the kitchen is another way they can be part of the family, and it can encourage them to make healthier choices.

1

Start by washing your hands and the table.

2

Taste with a clean spoon. A licked spoon goes in the sink, not back in the bowl.

3



Work at a child-sized table (or have a step stool handy)

4

Tie hair back if it's long.

5

Wear clean clothes, maybe with short sleeves.

6

Wipe up spills.

7

Resist nibbling cookie dough or cake batter that has raw eggs in it.

8

Walk slowly. Carry food and anything else with care.

9



Stay away from hot surfaces, and knives and forks that might be hot. Also steer clear of sharp objects. An adult needs to help.

