

KITCHEN SAFETY

All recipes in this book require adult supervision.

Personal health

- Model for your children how to wash hands thoroughly using soap and water before handling food.
- Remember to give reusable utensils a hot soapy wash and rinse after each use.
- Allergies - Talk about the food allergies some children have, especially nut and peanut allergies.

Utensil use

Stove, oven and microwave Use:

- Pots with see through lids allow children to see what is happening without danger of burns.
- Always supervise children using appliances.
- Show children how to angle pot handles to point over the counter to prevent accidents.
- An adult must remove all dishes from a microwave that is over a child's head and is hot to the touch.
- When cutting food:
 - Always supervise children using knives.
 - Always use a cutting board.
 - Show children how to properly cut food items.
 - Cut round vegetables in strips first. This provides a flat surface for the child to cut safely into smaller pieces.
- Use clear see-through measuring cups to reinforce the concepts of portions. 60 ml ($\frac{1}{4}$ cup), 125 ml ($\frac{1}{2}$ cup), 250 ml (1 cup)
- Talk about hot liquids and how they splash and spill.

Food safety

- Wash all surfaces.
- Chill foods properly.
- Cook to proper temperatures.
- Separate raw meat, poultry and seafood from other foods to avoid contamination.
- Never put cooked food back on the same plate or cutting board that held the raw food.

