



## KITCHEN SAFETY

First things first! Did you ask an adult's permission before cooking? Is the adult able to assist you? Great! Time to learn some kitchen safety before you get started.

### Point Number 1: Attire

- Roll up those sleeves, and if available wear an apron.
- Have your oven mitts ready.
- Make sure you don't have dangly jewelry or loose flowing sleeves, and keep long hair tied back.



### Point Number 2: Cleanliness

- Good Kitchen Hygiene is important to minimize the spread of germs.
- Always wash at the start of your food preparation, and after touching any raw meat or poultry.
- When washing your hands, it should take at least 10 seconds. Be sure to wash between your fingers, the top and palm of your hand.
- All surfaces and utensils that have come into contact with raw meat should be washed.
- Wipe up mess and spillage immediately. Spills are a huge slip risk and should be cleaned up straight away.



### **Point Number 3: Fire Safety**

- Flames can be attractive so it's important to stay away from open flames.
- It is important to keep pan handles away from flames and turn away from where they may get knocked.
- Metal and aluminum should never be placed in the microwave as they can cause fires.
- Plastic should never go in the oven.
- Water should never be added to a pan full of hot oil. It may splatter and could cause serious burns.
- If you see smoke or fire inform an adult immediately.



### **Point Number 4: Knife Safety**

- Always remember: Knives are TOOLS not Toys! It is important to remember we only use knives to cut food.
- Make sure you are using a stable, clean surface to cut on, such as a cutting board. If the board is slipping around, place a piece of damp paper towel underneath to keep it from moving.
- Using a sharp knife is always safer than a dull knife. Although this sounds like a strange rule, a dull knife needs more force to cut instead of letting the knife do the work.
- For the best control, your hand should be all the way at the top of the handle where the blade and handle meet.



#### **Point Number 4: Knife Safety - Continued**

- Do not put your pointer finger on the top of the blade when holding the knife, this will help you grip and balance your force when cutting ingredients.
- With your food-holding hand, round all fingertips back like a claw. Tuck your thumb behind your fingers to protect it. This is one of the safest ways to hold an ingredient. This is an important habit that will ensure your fingers don't get in the way when cutting.
- When you are ready to cut, make a sawing motion "back and forth... back and forth." Simply pressing down with the knife will not be enough pressure to cut through some foods.
- When cutting anything round (like carrots, cucumbers or apples), always make a flat surface by first cutting it in half. This way, it won't roll around while trying to cut.
- When you are done cutting, put your knife down flat on the cutting board.
- Do not reach across to take something off someone else's cutting board when holding a knife. It's safer to wait until they have put their knife down.
- Give everyone in the kitchen the most space possible. A bumped elbow is dangerous if holding a knife.