Safety Tips for Cooking with Children

1. Prevent food poisoning by:
   - always washing hands before cooking.
   - not eating raw eggs or raw meats.
   - waiting until the food is cooked before sampling it. Do not sample uncooked foods.

2. Have children stand at the level of the activity. Use a stool if necessary.

3. Use cooking supplies that will not break (such as plastic measuring cups and stainless-steel bowls).

4. Use plastic knives or butter knives for cutting.

5. Provide constant supervision.
   - Always watch children when they use knives, mixers, or the stove.
   - Supervise the use of ovens, stoves, and other kitchen appliances.
   - Remind children that stoves, ovens, pans, and dishes can be very hot.