

# 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.