



# Kitchen Safety Rules for Kids

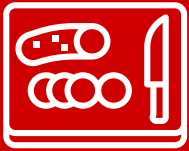
*Before cooking, here are a few safety reminders:*

- Ask an adult's permission before cooking.
- Wash hands often with soap and water.
- Start with clean surfaces and clean cooking tools.
- Read recipe carefully and have everything ready before you begin.
- Fasten hair back if it is long.
- Wear clean clothes. Short sleeves work well.
- Be careful with hot surfaces and sharp utensils.
- Don't taste cookie dough or batter that has raw eggs or raw flour in it.
- Wipe up spills immediately.

## 4 Steps to Food Safety



**Clean**



**Separate**



**Cook**



**Chill**

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