

Kitchen Reminders

Before You Start:

1. Wash Your Hands:

- Always wash your hands with soap and water before you start cooking.

2. Ask for Help:

- If you're unsure about something or need help with cutting or using certain kitchen tools, don't hesitate to ask an adult for assistance.

3. Read the Recipe:

- Take a moment to read the entire recipe before starting. This will help you understand the steps and gather all the ingredients.

Safety in the Kitchen:

1. Be Mindful of Hot Surfaces:

- Be cautious around hot stoves, ovens, and pans. Use oven mitts or pot holders when handling hot items.

2. Knife Safety:

- Always use a knife with adult supervision. Hold the knife properly and cut away from your fingers. Keep your fingers tucked in.

3. Turn Handles In:

- When cooking on the stove, turn pot and pan handles inward to avoid accidental spills.

Cleaning Up:

1. Clean As You Go:

- Wash dishes, utensils, and cutting boards as you finish using them to keep the kitchen tidy.

2. Safely Dispose of Waste:

- Throw away scraps and waste in designated containers. Be mindful of recycling and composting.

