



**EarthFresh**  
**Kids Cooking**



*with Chef Carla*

## 10 Important Safety Rules of The Kitchen

1. Wash your hands before touching food.
2. Always wash your food and make sure your work area is clean.
3. Watch out for sharp knives. Let an adult cut foods or help you do it.
4. Do not put sharp knives or objects into the sink. Someone could reach in and get hurt.
5. Never put water on a cooking fire, it could make it bigger and more dangerous. Use an extinguisher and yell for help.
6. If you burn yourself, tell an adult, run the burn under cool water immediately.
7. Turn pot handles in towards the back of the stove.
8. Keep foods separated that can easily become cross contaminated; raw foods away from fresh foods that will be consumed.
9. Keep electrical appliances away from water to avoid shocks.
10. Always make sure nothing is in the oven before turning it on and make sure the stove and oven is off before leaving the kitchen.

