

Name: _____

Date: _____

KITCHEN SAFETY

Put a checkmark next to all of the things you and your family can do to stay safe in the kitchen.

- _____ Always slice with the knife away from your hands.
- _____ Keep the tip of the knife on the chopping board when mincing.
- _____ Choose the right knife for the task you need to do.
- _____ Secure your chopping board.
- _____ Use different chopping boards for raw meat, fruits, and vegetables.
- _____ Keep knives sharp.
- _____ Never leave stovetop dishes unattended while the burner is on.
- _____ Use oven mitts when handling hot things.
- _____ Always wear shoes.
- _____ Avoid long or baggy clothes.
- _____ Keep pot handles turned away from the front of the stove
- _____ Wash your hands before and after handling food.
- _____ Wipe up spills immediately.
- _____ Keep a fire extinguisher handy.