Always ask an adult before you start making anything in the kitchen.

Always ask an adult for help to plug in or use any electrical equipment.

Always move around the kitchen sensibly.

Make sure you are not too sleepy to be cooking.

Be careful with knives. Ask an adult to help you choose a knife and get them to help you chop the food. Never walk around carrying a knife.

Ask an adult to turn on the oven or hob if you need to use it. Make sure pan handles are not sticking out when you use the hob.

Always ask an adult for help when putting food into the oven and taking it out again. Remember to use oven gloves.

...and try to tidy up as you go along!

Who me?