

# Kitchen Safety

- ! **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?