

Safety Rules When Cooking Contract

Remember that safety in the kitchen is the most important rule. It's lots of fun to cook but you have to follow some important rules that will keep everyone safe.

Here are some very important safety rules that I agree to follow when cooking:

- I will not begin any cooking preparation until an adult is present in the kitchen.
- I will always wash my hands before touching foods.
- I will review my recipe and make a list of the ingredients and cooking items I need. If there is space I will neatly line up all the measuring items on the counter.
- I will always ask before using any electric items, appliances or sharp utensils
- I know that knives and other sharp objects are not toys and have to be handled very carefully. I will not pick up a knife or sharp object without permission and an adult in the kitchen.
- I know that when I handle a knife, I will always point the knife away from myself before cutting food and only when an adult is present to supervise.
- I understand that there are some items such as the stove and oven that can get very hot and cause burns. I will always use potholders not dish rags or dish towels if I am allowed to work with the stove and oven.
- If I am cooking with pots on the stove, I will always point the pot handles toward the back of the stove for safety.



Signed: _____

