

Kitchen rules

1. Always wash your hands before and after handling food.
2. Tie back long hair.
3. Keep food preparation surfaces clean. Clean as you go.
4. Always ask an adult before handling knives or going near hot things.
5. Handle knives, other sharp equipment and hot things with care.
6. Ask before you lick/try.
7. Stay calm and be careful, no running or rushing at the kitchen.
8. Feel tired from cooking? - Take a break.
9. Listen to the grownup in charge. While listening - eyes are watching, ears are listening, voice is quiet, body is calm.
10. "Don't yuck someone else's yum!" - the food that doesn't taste good to you may be someone else's favorite. We don't want to hurt someone else's feelings and want everyone to have a positive experience with the food. There are many other polite ways to decline a food. For example: "I would rather not try this today, thank you".
11. Always enjoy cooking!