

# Lower Junior Simmering Activities



## Playing It Safe

Cooking is an activity that everyone can enjoy! But it's important to learn about kitchen safety in order to become a confident, independent cook. Here are some tips for staying safe:

- **Always ask an adult for help** when you have questions or need assistance, especially when using the stove top, oven, and kitchen appliances, and whenever you need to use a knife or other sharp tools.
- **Be extra careful** with sharp knives and tools.
- **Wash your hands** with warm soapy water before cooking or handling ingredients and after touching raw meat or fish.
- **Roll up your sleeves** and wear an apron or chef's jacket to keep your clothes clean.
- **Tie back your hair** if it's long to keep it out of the way.
- **Always stay in the kitchen** if you have something on the stove top or in the oven. It's a good idea to set a timer so you don't forget to check if your dish is ready.
- **Use thick, dry oven mitts** when handling anything that is hot in order to protect your hands from burns. (Wet mitts or towels will burn!)
- **Let hot pans cool** before moving them to the sink or washing them.

11

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