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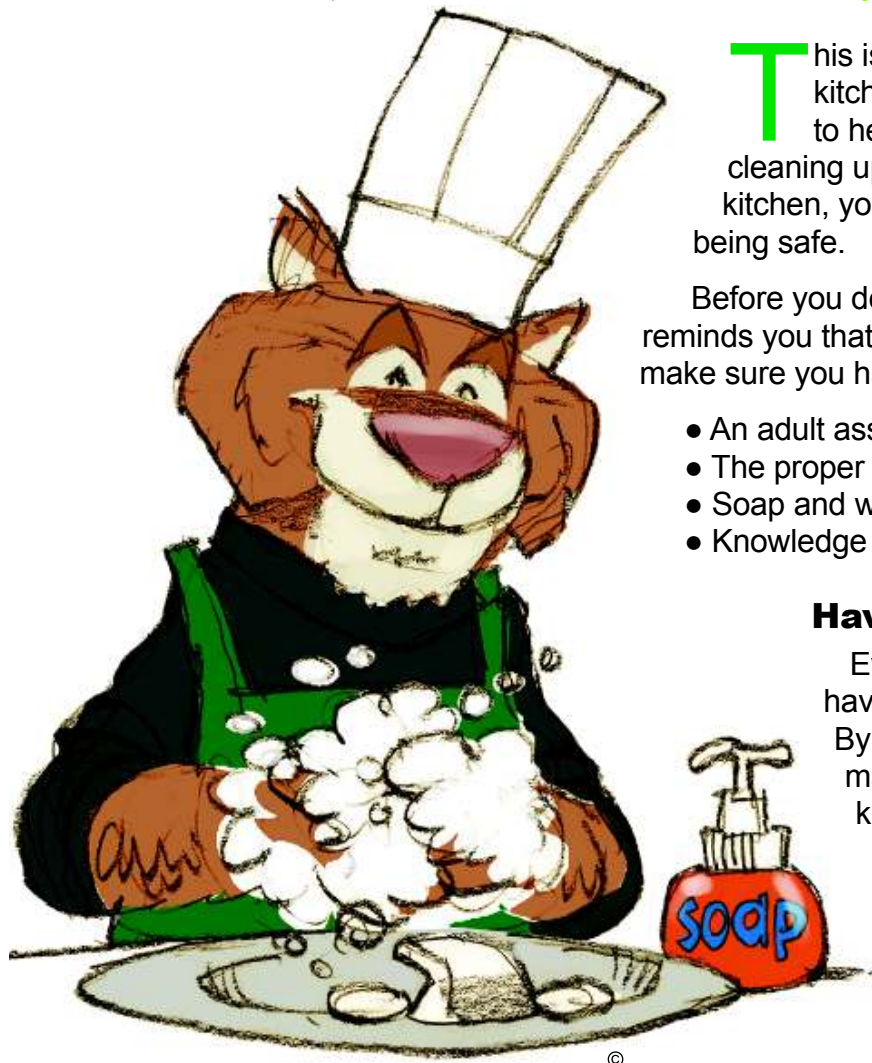


# YOUTH HEALTH BULLETIN

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## KITCHEN SAFETY



**T**his is a great time of year to help out in the kitchen. For many families, this is a chance to help mixing, pouring, baking and even cleaning up! No matter what you are doing in the kitchen, you will want to make sure that you are being safe.

Before you do anything in the kitchen, Wally Cat reminds you that there are a few things you need to make sure you have:

- An adult assistant
- The proper clothes
- Soap and water to wash your hands
- Knowledge about using kitchen tools safely

### **Have an adult assistant**

Even if you help out in the kitchen often, having an adult to help out is a good idea. By having an adult help you out, you can make sure you are being safe in the kitchen and avoiding accidents.

### **Protect your clothes**

Sometimes cooking can get messy, and that is ok! You will want to protect

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your clothes. Most chefs wear an apron when they are cooking. If you do not have an apron, you can wear an old shirt. You will want to make sure the protective clothes are not too big and baggy. Having clothes that are too big can cause you to knock something over or dip your clothes into the food.



### Wash your hands

Making sure the kitchen and your hands are clean is important when cooking. If your hands are not clean, you could spread germs and possibly make you or others sick.

You want to make sure that you wash your hands before you start cooking anything. You should even wash your hands AGAIN if you are going to be handling the food itself such as kneading dough or mixing ingredients together with your hands. You should also wash your hands both before and after handling foods like meats, eggs, and fish.

When finished, you can help prevent the spread of germs by making sure to clean all the counters and tables you used. Make sure to use soap and warm water.

### Use kitchen tools safely

It is important to know the kitchen tools you will need and how to use them. There may be some equipment that you will need help with from your adult assistant. It is important to be careful and not get hurt while you are cooking. Here are a few rules to follow to make sure that cooking is fun and safe.

- If you are allowed to use any electric equipment, make sure your adult assistant can help you out.
- If you are old enough to cut or chop ingredients, have an adult watch over you. Always point the blade away from you, and keep your fingers away from the blade.
- Take your time, when putting together

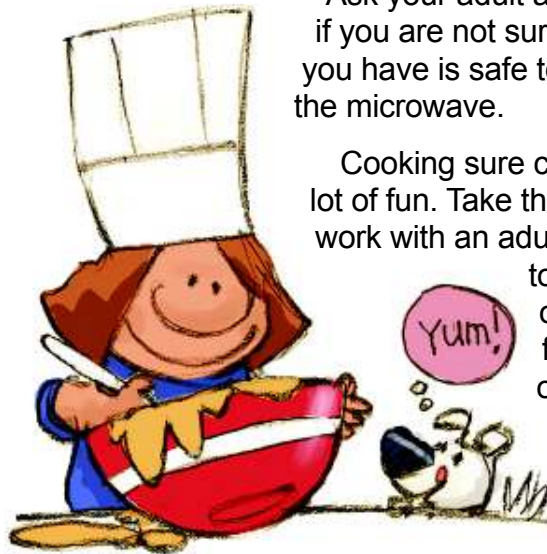
a recipe. If you are rushing, you may miss an important ingredient. If you are rushing with some of the kitchen tools, you could get hurt.

- You need to stay focused on what you are doing. You should keep your eyes on your task at all times.
- Watch that you do not get burned. Always use pot holders when handling pots, pans or baking trays.
- Always get help from an adult if you have a gas stove at home.
- If you need to use the microwave, make sure the container you are using is microwave safe. NEVER put anything made of metal or tinfoil in the microwave.

Ask your adult assistant if you are not sure if what you have is safe to be in the microwave.

Cooking sure can be a lot of fun. Take the time to work with an adult and try

to make an old family favorite or try something new.



#### REFERENCES:

- Source: Nemour's Kids Health. Being Safe in the Kitchen. September 2010

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