

Key Content

To demonstrate good hygiene and be able to cut, grate and mix (under supervision)

How to hold a knife correctly and cut safely as well as use a grater safely.

How to make toast using a grill safely.

Know how to cook a mug cake in the microwave, use the microwave safely and set a timer.

Key Vocabulary

Knowledge

Key Equipment

Utensils

Tools used for cooking.

Hygiene

Rules you must follow to ensure you and the cooking area are clean.

Recipe

A set of instructions to make a dish, a meal or something to eat.

Evaluate

To assess how well something went.

Method

Similar to a recipe, the steps you need to follow to cook or make something.

Ingredients

A list of things you will need to make a recipe.

Kitchen Safety Tips



Wash First

If sampling, remember to wash the spoon before it goes back in the food.



2 Hours

Don't leave out perishable foods for more than 2 hours.



Counter Safety

Keep hot liquids and food away from counter and table edges where young children can reach.



Prevent Bacteria

Fully cook recipes with eggs, meat and poultry and thoroughly wash fresh produce.



Wash Often

Wash your hands a lot, and remind kids to do the same.

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Never touch hot objects or surfaces.

Never touch knives or other sharp objects you may see in the kitchen.

Always walk sensibly in the kitchen.



If you are going to help prepare food, make sure you wash your hands.

Before you start making things in the kitchen, wait for a grown-up to come and help you.



Knife



Grill



Microwave



Timer



Grater