

## KIDS KITCHEN: PLAY IT SAFE!

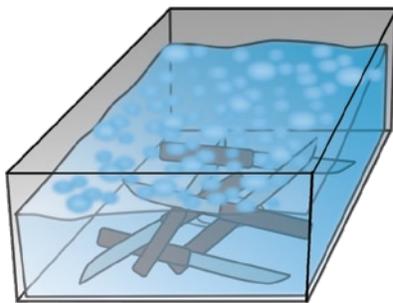
*Stephanie K. Goodwin, R.D., Graduate Assistant, Family Nutrition Program*

Cooking in the kitchen can be a lot of fun! Cooking in the kitchen can also be dangerous with hot ovens, sharp knives, and boiling water. Always ask an adult before you go into the kitchen to cook. Ask an adult what you can do alone and what you need help with. Learn and follow the safety rules of the kitchen to keep yourself and others safe while in the kitchen.

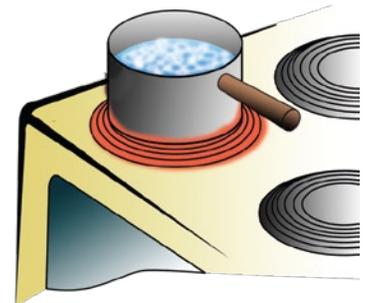
Look at the pictures below. Check "unsafe" for pictures that show dangerous activity. Check "safe" for pictures that will prevent accidents and injury.

If a picture is unsafe, correct the picture. Draw or write the right action to keep the kitchen safe in the space provided.

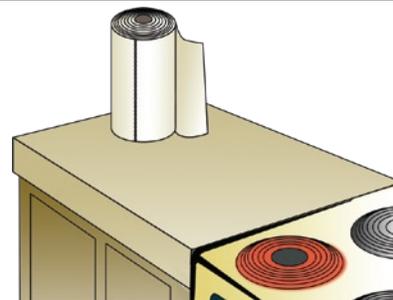
1.  Safe  Unsafe



2.  Safe  Unsafe



3.  Safe  Unsafe



4.  Safe  Unsafe



5.  Safe  Unsafe



6.  Safe  Unsafe



7.  Safe  Unsafe



8.  Safe  Unsafe



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# WHICH KITCHEN IS SAFER? WHY IS ONE KITCHEN SAFER THAN THE OTHER?

Circle the safe kitchen. Circle 5 unsafe things in the unsafe kitchen.



*Reviewed by Kathy Hosig, Ph.D., associate professor, Human Nutrition, Foods and Exercise.*

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