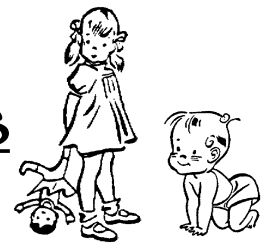




Tips for cooking with kids



10 RULES TO APPLY WHEN COOKING WITH CHILDREN

1. The most important rule in the kitchen is SAFETY. The kitchen is a great place to make wonderful meals and great food but if you're not careful you could get severely hurt. Chefs need to be aware of everything that is going on around the kitchen. Make sure pot handles are turned in so they can't get knocked over, never put sharp knives in the sink with soapy water and leave it there; this could cause injury to someone's hand if they are not aware that the knife is in the sink.
2. Parents are in charge of the kitchen at all times, from preparation to clean up. Nothing will ruin a good time like getting cut or burnt so make sure that children are supervised at all times. It is also important that children have a safe place to work away from the stove, knives, heavy pots and pans.
3. Make sure if you have long hair that it is put in a pony tail, we want to taste the food not your hair.
4. Always wash your hands with hot soapy water before you begin to cook this will get rid of any dirt that you picked up during the day and this is a great way to practice good sanitation. Always wash your hands after you cough or sneeze or when you work with foods that are not ready to eat such as raw chicken, raw meat, fish and eggs. Raw foods can carry potentially hazardous germs that aren't killed until cooked, so be safe when in doubt wash it out.
5. Never touch knives or other sharp objects like scissors. Sharp objects need to be handled with caution. In my opinion these items should not be used under the age of 13 or when a child has complete muscle control in his arms and hands.
6. Read the recipe aloud a few times to make sure everything is understood. Then gather all the tools and ingredients that are needed. Place dirty tools and dishes in the sink with hot soapy water, use caution when washing sharp objects like knives and scissors place those to the side and only wash one at a time.
7. Always work on a clean work surface and in a clean uncluttered kitchen, make sure that you have everything ready for the recipe that you are working on. There is nothing worse than being at a crucial part of the recipe and not being able to find a tool or an ingredient that you need, so be prepared.
8. Measure carefully and slowly, careful measurements can mean the difference between great and yucky.
9. Clean as you go, if you do cleaning up at the end of the meal will go much easier and faster. It's too easy to leave everything until the end to clean up, trust me on this one I know from experience.
10. Have fun, the kitchen is now your laboratory and there are an unlimited amount of recipes that await your culinary imagination.