



Name: _____

Date: _____

Ingredients for a Safe Kitchen

Instructions: After cooking or baking a dish or a full meal with a parent, describe five food and/or cooking safety tips you and your parent used, and explain why each tip is so important. (Visit <http://KidsHealth.org/kid/recipes/index.html> or type “recipes” into the search box at KidsHealth.org/kid if you need some healthy, kid-friendly ideas.)

1. _____

2. _____

3. _____

4. _____

5. _____



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Ingredients for a Safe Kitchen

My Recipe: _____

Ingredients: _____

Directions: _____





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Quiz

Instructions: Answer each question.

1. True or false: It's safe to eat leftovers that have been in the refrigerator for 2 weeks or more.
2. One of the best ways to prevent food poisoning when you're cooking is to wash your _____ with soap and water before you start and after you're done.
3. True or false: You can get sick from raw meats and unwashed fruits and vegetables.
4. If you use a kitchen knife (after a parent says it's OK), the blade should always be pointed _____ from you.
5. True or false: If food does not touch the floor for more than 5 seconds, it's safe to eat.
6. When you're handling hot pots, pans, or baking trays, you should use _____ or _____, not dish towels.
7. True or false: You should not cover a dish of food with aluminum foil before you put it in a microwave.
8. Which is not a symptom of food poisoning?
 - a. upset stomach
 - b. diarrhea
 - c. purple and green spots on your skin
 - d. fever
9. Fill in the blank: Kids should never cook unless _____ is in the room.
 - a. a hungry friend
 - b. a paying customer
 - c. an adult
 - d. a professional chef



Quiz Answer Key

1. True or false: It's safe to eat leftovers that have been in the refrigerator for 2 weeks or more.
2. One of the best ways to prevent food poisoning when you're cooking is to wash your hands with soap and water before you start and after you're done.
3. True or false: You can get sick from raw meats and unwashed fruits and vegetables.
4. If you use a kitchen knife (after a parent says it's OK), the blade should always be pointed away from you.
5. True or false: If food does not touch the floor for more than 5 seconds, it's safe to eat.
6. When you're handling hot pots, pans, or baking trays, you should use potholders or oven mitts, not dish towels.
7. True or false: You should not cover a dish of food with aluminum foil before you put it in a microwave.
8. Which is not a symptom of food poisoning?
 - a. upset stomach
 - b. diarrhea
 - c. purple and green spots on your skin
 - d. fever
9. Fill in the blank: Kids should never cook unless _____ is in the room.
 - a. a hungry friend
 - b. a paying customer
 - c. an adult
 - d. a professional chef