



Top 10 Kitchen Tips

Instructions: Print on overhead paper or use this on a whiteboard.

Top 5 Food Safety Tips

1.

2.

3.

4.

5.

Top 5 Cooking Safety Tips

1.

2.

3.

4.

5.



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. _____



Name: _____

Date: _____

Ingredients for a Safe Kitchen

My Recipe: _____

Ingredients: _____

Directions: _____





Name: _____

Date: _____

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