



Safety for Kids in the Kitchen

Always Supervise Children Closely in the Kitchen and Choose Age-Appropriate Tasks

Children Over the Age of 5 Can:

- Stir ingredients together in bowl
- Rinse food under cold water
- Use a cookie cutter to cut out shapes in dough
- Use a butter knife to spread frosting or peanut butter, or slice soft cheese

Children Over the Age of 10 Can:

- Squeeze garlic from a garlic press
- Use electric kitchen appliances such as a blender, food processor, electric mixer, microwave, or toaster oven

Children 12 and Older Can:

- Chop or slice with paring knife
- Use stove top to turn oven on and off and to select oven temperatures
- Place a tray of cookies in oven
- Peel vegetables
- Shred cheese with hand grater
- Use an electric can opener

Never leave a child unattended in the kitchen.

Remember that generally, children under the age of 10 don't fully understand what DANGER means, so always include safety in your home.