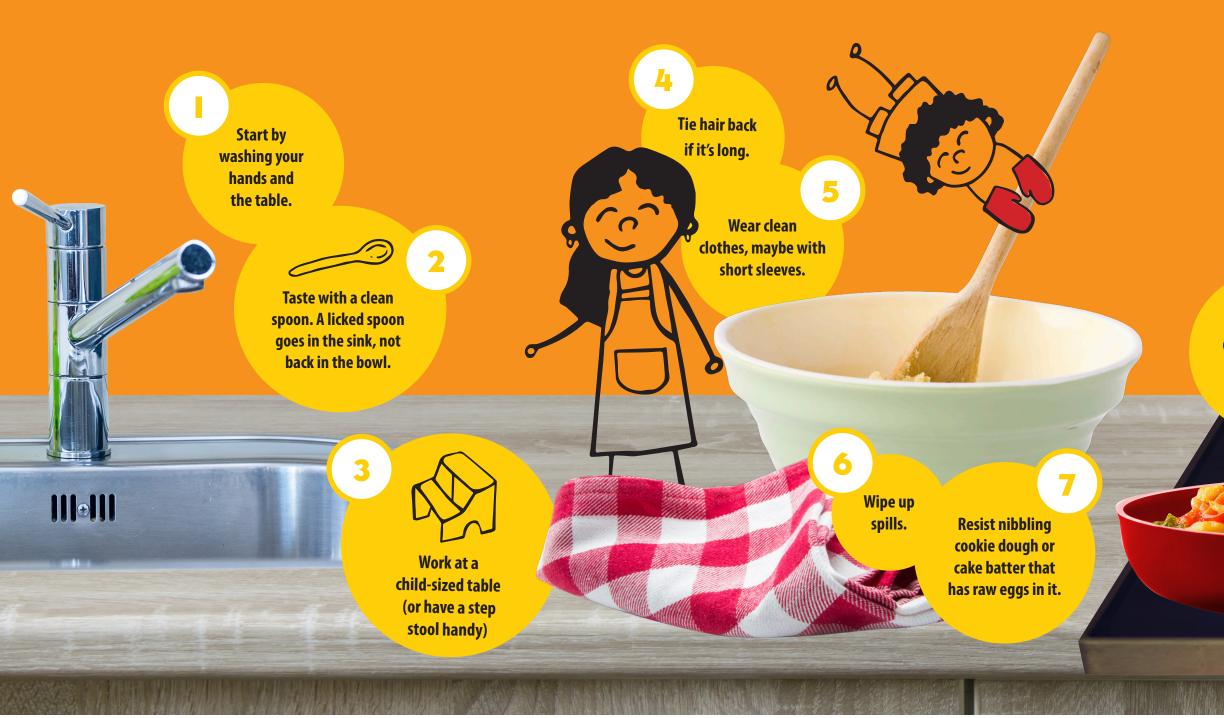
9 Kitchen Safety Rules for Kids and Families

Your kids will feel proud and important when they help prepare food! Helping with chores in the kitchen is another way they can be part of the family, and it can encourage them to make healthier choices.





Extension - Nutrition Education Program

Stay away from hot surfaces, and knives and forks that might be hot. Also steer clear of sharp objects. An adult needs to help.

9

Walk slowly. **Carry food and** anything else with care.

8

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