

Seeds' kitchen safety RULES!

Cooking is fun but it is very important we know how to be safe. Do you know when you should ask an adult for help, what to do before you start cooking and how to be safe in the kitchen? Here are 10 important steps to follow. Seeds' says kitchen safety RULES!

- ♥ You must always ask permission before you start cooking.
- ♥ Make sure you have followed Seeds' five food safety and hygiene rules.
- ♥ Never use knives unless an adult is present.
- ♥ Neatly prepare all your ingredients before you start to cook.
- ♥ Make sure you have all the equipment you need.
- ♥ Always use oven gloves when handling hot pots and pans or baking trays.
- ♥ Make sure that saucepan handles are turned in so they do not hang over the side of the cooker.
- ♥ Never light the hobs or oven yourself, always ask an adult to do this for you.
- ♥ Always ask an adult to help you use the microwave and make sure you only use microwave safe equipment. Tin foil should never be used.
- ♥ Never lick spoons and reuse them without cleaning them first because this will spread germs.

