



SAFE KITCHEN CHECKLIST



Before you begin cooking and baking, review these rock-solid guidelines to help prevent burns, cuts and more

- Match task to appropriate age.
See **Thrill of Skill** homebaking.org/wp-content/uploads/2019/07/print_thrillofskill-3.pdf
- Wear close-toed shoes with non-skid soles; open-toed sandals or flip-flops can be dangerous.
- Tie back or cover long hair.
- Roll up long sleeves; remove bracelets, bands, rings, and watches.
- Park cellular phones in a locker or safe place away from food prep.
- Wash and dry hands thoroughly. (Wet hands slip and are unsafe with hot pans and electrical appliances!)
See **How to Wash** at homebaking.org/wp-content/uploads/2019/07/how_to_wash.pdf
- Wipe up all spills immediately with paper towel or cloth; dispose of or wash cloth/sponge.
- Keep trash off the floor and counters.
- Walk, don't run.
- Turn handles of pans toward center of stove so clothing sleeves won't catch on them and spill hot contents.
- Keep cupboard doors and drawers closed unless in use.
- Always use only dry hot pads or oven mitts. Heat goes through damp mitts.
- Place eggs in a small bowl to prevent them from rolling onto the floor before you use them.
- Before preheating an oven, check to see if the oven is empty and racks are in the best placement for what you will bake. Move oven racks to the needed positions before heating.
- Let an adult help you with placing pans in or taking pans out of the oven if just beginning to bake.
- Oven, stove top, or microwave: Open the oven door or crack the pan lid away from your face to vent steam before checking or stirring contents.
- Have a plan for where you'll go with a pan when you take it out of the oven or off the stove top. Have wire cooling racks, trivets and/or heat-proof counter-savers in place.
- Unplug or turn off small appliances before dislodging or scraping down ingredients or changing attachments.
- When washing dishes, place knives on the counter to wash separately from other dishes; never place knives in sudsy water with other dishes or utensils.
- Never pick up broken glass with bare hands—sweep it into a dust pan. Wipe floor with several thicknesses of damp paper towels to pick up fine glass particles, place in small bag, then the trash can.



Baking Food Safety

- Follow the steps for handling flour, resist temptation to eat raw dough or batter and see temperature chart for fully baking products at homebaking.org/baking-food-safety/

Knife Safety

- Access test kitchen visual glossary of kitchen equipment, ingredients and techniques at bettycrocker.com/tips/glossary-page and bettycrocker.com/tips/technique-preparation-storage
- View **Knife Tips & Techniques** at kidsacookin.org/tips-and-techniques/how-to/Knife-Safety.pdf (English and Spanish)
 - Keep knives sharp—sharp knives are safer than dull knives.
 - Always use a cutting board or mat to protect the counter and use separate boards/mats for raw meats and fresh foods.
 - Cut food away from your body when peeling or paring. Use a cutting board/mat for all cutting jobs—even if it's only a single apple—and cut into the board not toward hand.
 - Wash knives and sharp objects separately from other utensils. Never place knives in sink filled with soapy dish water.
 - Kitchen scissors are a great tool for snipping, cutting and portioning pizza and flat breads.
 - Store knives separately from other utensils in special compartment, drawer or holder.





Choose the Correct Knife for the Job

There are five basic knife types:

1 Bread Knife

Bread knives are usually serrated. Most experts recommend pointed serrations instead of wavy serrations for better control and longer knife life. Two bread knives offer better slicing safety: a long 10" knife that's great for cutting whole loaves, and a 6" knife perfect for cutting sandwich buns. Use a sawing motion when using a serrated knife.

2 Boning Knife

This knife has a more flexible blade to curve around meat and bone, generally 4-5" long.

3 Chef's or Cook's Knife

A chef's knife (cook's knife) is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long. Choose a knife that feels good and balanced in your hand. The knife should have a full tang, meaning the blade should extend all the way through the handle for the best wear and stability. It will be used for slicing, dicing, mincing and crushing garlic cloves.

4 Paring Knife

A paring knife is generally 2½-4" in length and is the most often used knife in the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks. Some cooks prefer a double-bladed parer with a handle for peeling tasks.

5 Utility or Multi-Purpose Knife

Longer than paring knives but smaller than chef's knives, around 5-8" long.



Preventing Fire

- Keep a fire extinguisher in the kitchen. Be sure you know how to use it.
- Wear clothing that is not loose or drapes below your wrists.
- Keep hair tied back.
- Avoid leaving the kitchen if you have food cooking or baking. If you must leave, carry a timer with you to remind you to return on time.
- Always turn off the oven or stove top when finished. Tell co-workers if the surface is still hot.
- Smother a grease fire with a tight-fitting lid. Never use water—it will spread the fire.
- Clothing on fire—remember: stop, drop, and roll to smother the fire.

Electric Shock

- Avoid using any appliance with a frayed or worn cord.
- Dry hands well before using electric cords or appliances.
- Disconnect appliances by pulling out the plug, not by tugging on the cord. Unplug small appliances before cleaning.
- Keep portable appliances unplugged when not in use.
- Be sure an appliance is in the "off" position before plugging it in.
- Never insert metal utensils in electrical appliances that are plugged in or operating.



More great resources

- Visit HomeBaking.org **Glossary**, **Learn** and **Member** sections for links to test kitchen visuals and how-tos. View **Portable Kitchens** videos for examples.
- Spanish and English Tips and Techniques, kidsacookin.org
- American Cleaning Institute, Tips for Home and School classrooms. cleaninginstitute.org

