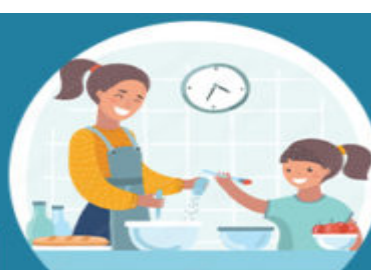


# Safety Tips When Cooking With Children



Before cooking, ensure there isn't anything that could be a hazard, such as loose hair, long sleeves, and other dangling clothing.



Use a step stool and place it at a safe distance from the counter to prevent them from tipping over.



Let them use child-friendly knives and avoid handing them sharp utensils.



If your child is three to five years old, only include them in rinsing vegetables or fruits, mixing the ingredients, and using a cookie cutter.



If they are six to eight years old, they may try to peel the vegetables and use a butter knife.



Gradually they can use knives on the cutting board under your supervision.



Do not let them handle hot objects and light the stove. If there is a hot dish on the counter, tell them about it.

