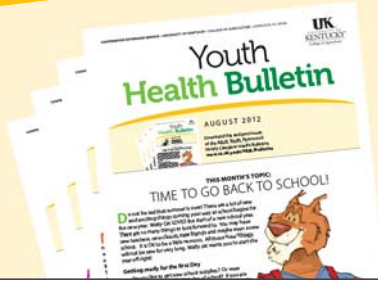


Youth Health Bulletin



NOVEMBER 2013

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THIS MONTH'S TOPIC: SAFETY IN THE KITCHEN

Have you ever helped out in the kitchen? With the upcoming holidays, there may be a chance for you to help cook or bake. Wally Cat loves helping out in the kitchen this time of year. There is always something yummy to help make. However, Wally Cat is careful in the kitchen and wants you to be careful too.

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When working with food it is important to wash your hands both before and after food preparation.



Wally enjoys choosing a recipe and always has an adult help while working in the kitchen. Perhaps this holiday season you will too.

SOURCE:

Nemours Kids Health. Being Safe in the Kitchen. Sept. 2013

Word Scramble

OKCOIGN SOTLO: _____

NSDEIGRIETN: _____

KAS LDUAT ROF LPHE: _____

EICPESR: _____

SWAH ASHND: _____

ANSWERS: Cooking Tools, Ingredients, Ask Adult For Help, Recipes, Wash Hands

Continued from page 1

If you think you want to help out in the kitchen, the first thing you should do is talk to an adult in your home, that is, the adult who will be helping you in the kitchen. You should talk about what you want to make (the recipe) and what is needed to make it (the ingredients and tools). If the recipe requires knives, the oven or stove, or other tools or equipment, you want to make sure you have the help you need.

When you are starting to cook, you should check that you have all of the ingredients. Then make sure you have all of the tools you will need, including: bowls, whisks, measuring spoons and cups.

Next, wash your hands with soap. When working with food it is important to wash your hands both before and after food preparation. Sometimes, when handling food, you may also need to wash your hands during preparation.

If your recipe requires tools or equipment that may not be safe for you to use or if you need items such as knives or sharp objects, let the adult help.

When working in the kitchen make sure to protect your clothes. It can get messy! If you have an apron, wear it while in the kitchen. If you do not have an apron, borrow a button up shirt from your adult assistant. Just make sure it is not too baggy — you do not want to get the shirt caught on anything in the kitchen.



Youth
Health Bulletin

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