

The Rules of the Kitchen

1) You only get hurt in the kitchen if you aren't paying attention.

2) Wash your hands first.

3) Always Be Cleaning.

4) Hold your knife correctly.

5) Roll up your sleeves and tie back long hair, or wear a hat.

6) Read the whole recipe first.

7) Don't mix raw and cooked food, especially meat, chicken, and fish.

8) Turn pot handles to the side so they don't stick out.

9) Everything on the stove or in the oven is **hot**, even if it isn't. Use mitts, potholders, or folded towels.

10) If it burned, so what? Start over.

