



Knife Safety

Be very careful when cutting with sharp knives. Always pick up a knife by its handle, never by its blade.

If a recipe requires dicing or chopping, use a clean cutting board, not the countertop!

Adults should be close by to supervise children using a sharp knife. A paring knife is probably the safest knife for kids to use. Mark the top of the handle with sticky dots or with red nail polish to show where to hold the knife.

Place food to be diced on the cutting board and hold it down on one end. Hold the knife in your other hand and cut down slowly and carefully. Always cut away from yourself.

Never lay a sharp knife near the edge of the counter. A young child may reach up and grab the knife or knock it off.

When you are finished using a knife, set it aside to wash separately. Don't drop sharp knives into soapy water. You wouldn't want to reach in later and accidentally get cut.



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Store knives in a knife rack or in the drawer in an empty paper towel tube. Storing knives safely is a good way to protect fingers from painful cuts!

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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