



Stove Top Cooking

Kids need to pay special attention to safety rules when cooking on the stove top. Know the rules ahead of time—what can and can't be done, with or without supervision.

Turn pot and pan handles inward and away from the front of the stove. If the handle is sticking out the pan could accidentally get knocked off the stove and spill hot ingredients.

When boiling liquid, pay special attention so it doesn't boil over. You may need to lower the heat. When taking the lid off a boiling pan, remove the back of the lid first to allow the steam to escape out the back and not burn your face or hand.

Kids should never lift a heavy pan from a burner without adult supervision or help. Be sure and have a dry, good-quality potholder or oven mitt handy.

If a pan starts to smoke, turn off the heat and move the pan to a cool burner or hotpad.

Even preschoolers should be taught how to call "911" in case of an emergency. Practice what to do in case of a



Stove Top Cooking

Kids need to pay special attention to safety rules when cooking on the stove top. Know the rules ahead of time—what can and can't be done, with or without supervision.

Turn pot and pan handles inward and away from the front of the stove. If the handle is sticking out the pan could accidentally get knocked off the stove and spill hot ingredients.

When boiling liquid, pay special attention so it doesn't boil over. You may need to lower the heat. When taking the lid off a boiling pan, remove the back of the lid first to allow the steam to escape out the back and not burn your face or hand.

Kids should never lift a heavy pan from a burner without adult supervision or help. Be sure and have a dry, good-quality potholder or oven mitt handy.

If a pan starts to smoke, turn off the heat and move the pan to a cool burner or hotpad.

Even preschoolers should be taught how to call "911" in case of an emergency. Practice what to do in case of a

fire, including “drop and roll” to smother flames in case clothes catch on fire.

Be sure and turn the burner off after you’re done cooking. Stove tops and burners stay hot for a while even after the burner has been turned off so don’t put a hotpad, empty pan or utensil on a warm stovetop.

Cooking is safe—if your child learns to be careful and knows the rules!

fire, including “drop and roll” to smother flames in case clothes catch on fire.

Be sure and turn the burner off after you’re done cooking. Stove tops and burners stay hot for a while even after the burner has been turned off so don’t put a hotpad, empty pan or utensil on a warm stovetop.

Cooking is safe—if your child learns to be careful and knows the rules!

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.

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.