

COOKING GUIDELINES

- Always wash your hands before handling food or cooking items.
- The most common baking temperature is 350 degrees.
- Ovens need to be preheated before food can be cooked in them.
- Use the stove, oven, and microwave oven only with adult supervision.
- Sharp knives should only be used with close adult supervision.
- Use only microwave-safe containers in the microwave; for optimal health, do not use the microwave regularly.
- Boiling water can cause 3rd degree burns and should be handled carefully.
- Before serving, keep the hot food hot and the cold food cold by keeping them separate from each other.
- Clean up after handling raw food to avoid disease and illnesses, especially chicken.
- Cook all meats thoroughly to avoid disease and illnesses.
- Use all-natural products without chemicals, hormones, or pesticides whenever possible.
- Whenever possible, steam, grill, and bake foods instead of frying them or using oil.
- Use sugar and fats sparingly.
- Have fun!

