

WARNING!

IMPORTANT THINGS TO

REMEMBER!

- Before serving any food to students, ask parents if their children have any food allergies or dietary restrictions! Make sure that you eliminate or restrict these foods from your cooking activities. Also, keep in mind that some foods can be potentially dangerous to very young children. Large seeds, whole nuts, dried beans and toothpicks can pose a choking danger if swallowed.
- Supervise children at all times during each cooking activity. Encourage them to use plastic, serrated knives for cutting most food items. When a sharp knife is required, make sure the child has close, adult supervision.
- Talk to your students about the importance of food handling before beginning any cooking activity. Discuss how they must always wash their hands before eating or handling food. Explain to them how farmers often use chemicals to spray fruits and vegetables in order to keep insects away. Show them how to thoroughly wash fruits and vegetables using a vegetable scrubber.