



Kitchen Rules

To ensure a safe and enjoyable learning environment, we'd like to share some important kitchen rules that all participants must follow. Please take a few minutes to review these rules with your child prior to attending class and please sign below.

BEFORE WE BEGIN:

- This is a drop off class. Parents must sign students in and out at the welcome table. Please arrive 5 minutes before class begins and return no sooner than 5 minutes prior to the end of class. Students cannot leave the building unaccompanied at the end of class.
- Students are required to wear the uniform apron and bring the cookbook binder (for keeping all recipes and activities) to each class session.
- Wear comfortable clothing with short sleeves or rolled-up sleeves to prevent accidents.
- Tie back long hair to avoid contact with food and equipment.
- Remove any jewelry that could pose a safety hazard, such as bracelets or necklaces.
- Closed toe shoes (i.e.: sneakers) are required—No sandals, flip-flops or crocs.

DURING CLASS:

- Listen to and follow instructions carefully. Ask a chef if you are not sure what to do next.
- Proper hand-washing techniques will be reviewed. Students will be reminded to always wash hands thoroughly with soap and water for at least 20 seconds before and after handling food.
- Be respectful of your fellow classmates and instructors.
- Have fun and enjoy the process of learning to cook!
- Practice good communication skills and teamwork by using kind words when sharing kitchen tools and ingredients.
- There is **NO RUNNING** in the kitchen.
- Students must remain in the designated area permitted by the program and not wander into other rooms/areas of the building.
- Let an adult know if you need to use the bathroom.
- Students will use child-safe knives and tools under adult guidance.



- Treat kitchen equipment with care and respect.
- Avoid licking your fingers. If you do, make sure you wash your hands again.
- Only taste food after it has been thoroughly cooked. Do not consume raw dough or batter that contains raw eggs or flour.
- We will encourage you to taste what you make.

AFTER COOKING:

- All students will work together to clean the utensils and surfaces.
 - Wash your hands again with soap and water.
 - If time permits, students will participate in food-themed stories, games and worksheets as extension activities after the completion of cooking activities!
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- I have reviewed the rules of The Kidz Kitchen with my child(ren) to help prepare them for a fun and exciting culinary learning experience!

Parent/Guardian signature

Student participant signature