

# Kids in the Kitchen

*It's important to engage children in food preparation,  
but prevention comes first!*



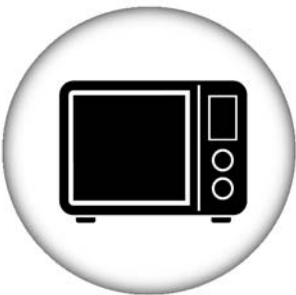
## Maintain a child-free zone

Maintain a "child-free zone" around a hot cooktop and oven.



## Ages 8 and younger

Children ages 8 and younger can help in the kitchen, but only with activities that don't involve heat or knives.



## Ages 9—13

Children ages 9-13 can learn to use appliances like the microwave, turn burners on and off and set the oven temperature when an adult is present.



## Ages 14 and up

By age 14, most children should be able to use the oven, cooktop and microwave without adult supervision.