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**HEALTHY TIP FOR KIDS – Safety in the Kitchen**

Cowboy Ted here with the Healthy Tip for Kids. Today’s topic is Safety in the Kitchen.

The kitchen is the place to be for preparing healthy meals. The best idea is to have a parent with you while you work in the kitchen.

Kitchen appliances are great tools to make meals - but kitchen appliances can also cause serious injury. Never put your hands or fingers inside kitchen appliances, toasters, ice makers or garbage disposals.

Make sure to hold knives by the handle and away from the blade. It’s a good idea to let adults take care of tasks that require the use of knives.

Don’t forget that kitchens are a common place to find germs and bacteria. Make sure you clean up counter tops and tables after preparing food.

Healthy kids are up to you – Be careful with sharp objects in the kitchen, and never put your hands into appliances, garbage disposals or ice makers.

For more healthy tips for kids visit [www.cowboyted.com](http://WWW.COWBOYTED.COM)