

Cooking with kids



Cooking with children is a great way for them to learn about food and become interested in what they eat. Cooking experiences can safely be conducted if the childrens service takes some simple steps to make sure food stays safe.

General tips

- Staff and children wash and dry hands before and after cooking
- Food preparation surfaces, equipment and utensils are clean and undamaged
- Only take refrigerated ingredients (eg milk, cheese, eggs) out of the fridge as you need them, so they stay cool. Return to the fridge as soon as you finish using them
- Keep raw foods and cooked foods separate
- Cook thoroughly and test that food is cooked (eg steaming hot in the centre, no pink in minced or white meat, egg dishes are firm and set in the middle)
- Throw away any leftovers or any food that falls on the floor or other unsuitable surface
- Wash and dry hands before and after eating, or touching raw foods



Cooking with eggs

(eg pikelets, cakes, cupcakes, muffins, biscuits, quiche)

- Don't let children lick the bowl or utensils
- Make sure food is cooked all the way through to the middle; eg wait until a pikelet surface has bubbled before turning it over



Using fruit and vegetables

If you and the children are making ready-to-eat foods, ie foods that don't require cooking, such as vegetable or fruit kebabs, vegetable or fruit platters, salad or fruit salad, fruit smoothies, vegetable or fruit juices, you will find safety tips in the factsheet *Safe handling of fresh cut fruit & vegetables*.