

# The LOW-DOWN for CHEFS

Cooking is an adventure for parents and kids!  
There are a few things to bear in mind to ensure that  
you can have fun in the kitchen.

## 1 BETTER AS A TEAM



Cooking is more fun together  
than on your own, and tasks  
can be shared depending on  
their difficulty.

## 2 ALL SET?!



Read the whole recipe  
through, then get your  
utensils and ingredients  
ready. Very important:  
Don't forget to wash  
your hands!



## 3 TO EACH COOK HIS OWN WORK AREA



All cooks need a flat work  
surface. Provide a step-up  
stool for little helpers.

## 4 THE RIGHT OUTFIT

When cooking, it's best  
to wear an apron, to keep  
your clothes clean.  
Tie back long hair – so  
that you don't get hair  
in your eyes, or food.



## 5 CAUTION. HOT!

A hot oven, steam, or  
spitting fat can quickly  
become a hazard. It's best  
if the grown-up helpers  
step in here.



**MOST IMPORTANTLY:**  
**HAVE FUN AND HAPPY EATING!**

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