



Resource List:

Kitchen Safety

Learning about kitchen safety helps young children build the skills they need to explore food and cooking with confidence while staying safe. When children understand simple rules—like keeping hands clean, using tools carefully, and staying away from hot surfaces—they learn how to participate in food preparation in a safe and positive way. These early lessons also help them appreciate the care that goes into preparing local foods, whether they're washing vegetables from a garden or helping mix ingredients for a snack. Introducing kitchen safety supports independence, builds responsibility, and creates a foundation for healthy lifelong habits.

EDUCATIONAL HAND-OUTS & ACTIVITIES:

- [Cooking Play](#)
- [Tomato Salsa](#)
- [Cucumber Stacks](#)
- [Garden Plot Crackers](#)
- [Cooking From the Garden](#)
- [Grow It, Try It, Like It!](#)
- [Food Safety Coloring Sheets & Placemats](#)
- [Food Safe Families Activity Book](#)
- [Knife Skills](#)
- [Knife Safety](#)
- [Preschool Kitchen Activities](#)
- [No-Bake Cooking Activities](#)

BOOKS TO READ:

- [Bee-Bim Bop!](#) - Linda Sue Park
- [Soup Day](#) - Melissa Iwai
- [Stir Crack Whisk Bake](#) - Maddie Frost
- [Pop Flip Cook](#) - Roger Priddy
- [Follow that Food](#) - Christy Webster
- [Our Little Kitchen](#) - Jillian Tamaki
- [How to Feed Your Parents](#) - Ryan Miller

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