

[Cooking habits that you must teach the kids](#)

So often we all feel the need for a help in the kitchen. This is the case especially with working moms who have to handle so many different fronts apart from the work front, the kitchen and the kids. But most of us cannot afford to keep a help, so what do we do? Well, teach your kids the art of good cooking when they are still young and willing to learn and adapt. Lead by example and you'll be surprised to see the results.

Children must understand the concept of cleanliness first and foremost. They should be taught about what all bad things can happen if they don't maintain hygiene. Kids should understand that why during cooking they should not lick their fingers, wash hands properly, not mix the cooked and the raw food etc. They must also be taught why it is important to heat certain food items to a particular temperature. All these small things will go a long way in keeping them healthy when they decide to face the battles of life all alone.

It is a good idea to read out the entire recipe before beginning the cooking process. It makes you sure of the process and also ensures that you have everything you need before you start cooking. Being ready with the logistics and the measurements, the entire preparation process will proceed very smoothly. To get the best results, you must follow the instructions exactly as mentioned.

While discussing the recipe or while cooking, explain to the kids how and why a particular appliance is used. Also teach them the importance of saving electricity and also how to protect themselves from getting an electric shock while operating the electrical appliances.

Teach the kids why hot pads are important in the kitchen. It is also important for them to understand why they should not taste food from a hot spoon or put a finger in hot food. Kids must understand that at all times they should take maximum precaution so as to protect themselves from any kind of burn injury. Kids should also be taught how to remove hot trays in from the oven and also what to do in case of a burn injury in the kitchen.

Keep your knives in brand new condition all the time. The kids should also be taught to use the knife properly and safely. A knife is as useful as it is dangerous in the kitchen. The kids should be taught to never put the knives in soap water to avoid anyone getting cut while doing the dishes.

The kids should be taught about why not to put water in fire and to immediately call for adults, neighbors and 911 in case of any emergency.

The kids must be taught not get tempted to taste the food until it is fully cooked. And even if you must taste the food, it must be done only using a clean spoon and the food should be allowed to cool down first. The same spoon should not be used twice so that the germs or the bacteria from your mouth don't get mixed with the food.

While the food gets cooked, use that time to clean up the kitchen of any leftovers or spillovers or anything left on the kitchen counter from the cooking ingredients. If the cooking time is more, wash the utensils. After the food gets cooked or while it is on the stove, turn off any electrical appliance that you are not using.

The kids should learn as early as possible about the basic cooking so that they don't have to rely on junk food for filling their stomach when they grow up.

About the Author

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