



MINISTRY OF FOOD HEALTH & SAFETY GUIDELINES FOR KIDS

We're so excited for you to join us for our GUINNESS WORLD RECORDS™ attempt on 1 July 2025! Cooking is a fantastic way for kids to build confidence, learn essential life skills, and have fun – but safety always comes first.

This guide outlines key health & safety considerations to ensure that all participants, especially children, can enjoy the experience in a safe and supportive environment. From supervising young chefs to handling kitchen tools and ingredients safely, these simple steps will help make the event fun.

KITCHEN SAFETY FOR CHILDREN

Creating a safe cooking environment is especially important when teaching children. They may not understand the dangers that can be found in the kitchen, so you'll need to point them out clearly and make sure the children understand how to stay safe. Always re-emphasise and recap anything that is especially important.

TIPS TO BEAR IN MIND WHEN TEACHING CHILDREN INCLUDE:

- Keep an eye on hot pans and liquids, because children won't instinctively know they're unsafe.
- The same applies for licking bowls – kids love doing it, but it can be dangerous when hot sauces and liquids are involved, and there's a risk of salmonella from raw eggs.
- And, of course, whoever you're teaching, make sure everyone knows what to do in the event of a fire.

KNIFE SAFETY TIPS:

Remember, the below is a guide – each child will be different and the right level of supervision must be in place.

- Children under seven should not be using knives. Any cooking done with younger children should focus more on touching, smelling, tasting and watching.
- Children aged seven and above should always begin cooking with a three-inch paring knife then, when you feel they're ready, they can move onto a five-inch chef's knife.



- Always consider the child's ability and whether they're responsible enough to be handling sharp objects.
- Before demonstrating any techniques to the class, show them how to hold and carry a knife correctly, then get the children to demonstrate the action back to you. Explain that the hand they use to write is the hand they should hold the knife with.
- Always explain and show the bridge and claw cutting techniques in your demonstration and ask the children to show you their technique before starting any cooking.
- Always chop ingredients flat-side down, and keep the tip of the knife on the board. If the ingredient you are chopping is round or uneven, slice a little bit off somewhere to create a flat, stable surface to lay on the board while you cut.
- Never encourage children to go fast when they are chopping.
- Always ensure blenders and other electrical equipment are stored out of reach immediately after use.

OTHER THINGS TO REMEMBER:

- Always store knives out of reach of children, ideally in a locked drawer or cupboard.
- Knives shouldn't be distributed until they're needed in the recipe.
- When knives are needed, they must be counted out. When they're not needed anymore, count them back in.
- Once finished, never leave knives in a sink of soapy water, where they can't be seen.

MINISTRY OF FOOD HOUSE RULES FOR KIDS

- Respect the kitchen classroom. It is different from other classrooms and can be a dangerous place if not used carefully.
- Always listen when the teacher is talking.
- Never run in the kitchen classroom.
- Never walk around with hot pans.
- Always be careful when using sharp knives, peelers and graters.
- Avoid walking around with a knife as much as possible.
- If you do need to carry a knife around, always hold the knife with the tip pointing down and keep your arm straight down by your side.
- Never wave a knife around in the air.



- Never leave sharp knives in soapy water. Your classmates won't be able to see they're there and could cut themselves.
- Keep pan handles pointing inwards over the worktop. Never leave handles over the hob or over the edge of the hob, because they can get hot or knocked easily.
- If you cut, burn or hurt yourself, tell an adult straight away.
- Always use an oven glove to pick up oven trays and pans, because they could be very hot.
- Always ask an adult to help you when taking things in and out of the oven.
- Never lift a full pan on your own, especially if it contains hot water. It could be very heavy, so ask an adult to do it for you.
- Never leave a hob unattended. If you need to go somewhere else, turn it off first.
- If anything spills on the floor, tell an adult, warn others and clean it up straight away.
- Share your equipment nicely with others.
- Never rush what you're doing. Always take your time and remember it isn't a race.
- Always do your own washing up, don't expect others to do it for you.
- Always keep your work station tidy, clearing away any rubbish as you go.
- Make room for your meal. Clear a table or a space before you start so that you all have somewhere to show and taste your finished dishes. If you're going to eat your meal together, lay the table properly.

If you have any questions on the above, please contact mofrecord@jamieoliver.com

Thank you & Big Love,

The Jamie Oliver Ministry of Food Team