

# 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 some simple steps are taken to ensure food stays safe.

## 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
- refrigerate any leftovers immediately

## Using fresh fruit and vegetables

Fresh fruit and vegetables are an important and necessary part of everyone's diet.

If you and the kids 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, be sure to keep all your fruit and vegetable refrigerated at less than 5°C to maintain optimum freshness and ensure food safety.

## General tips

- 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. Yes, the 5 second rule is a myth so if food hits the floor, throw it away immediately!
- Wash and dry hands before and after eating, or touching raw foods



**About the NSW Food Authority:** The NSW Food Authority is the government organisation that helps ensure NSW food is safe and correctly labelled so that consumers are able to make informed choices about the food they eat. As Australia's first through-chain food regulatory agency, the Authority is responsible for food safety across the entire food industry in NSW – from primary production to point-of-sale. It works with consumers, industry and other government organisations to minimise food poisoning by providing information about and regulating the safe production, storage, transport, promotion and preparation of food.