

There are a lot of opportunity for kids to grow up in kitchen.

Cooking is one of the great hands-on learnings for kids that involves with all five senses.

The feeling of accomplishment by cooking the meal by themselves leads to pride and self-esteem of kids.

They will learn how the cooks feel when cooking for others and will learn the joy that the others eat the food they cook. This helps acquire the sense of thinking on others' side.

They experience being grateful by others. Let kids cook and have those great experiences!

Prepare the environment for sanitary and safe cooking

Before cooking

Wear the apron.

Cover the hair.

Tie long hair

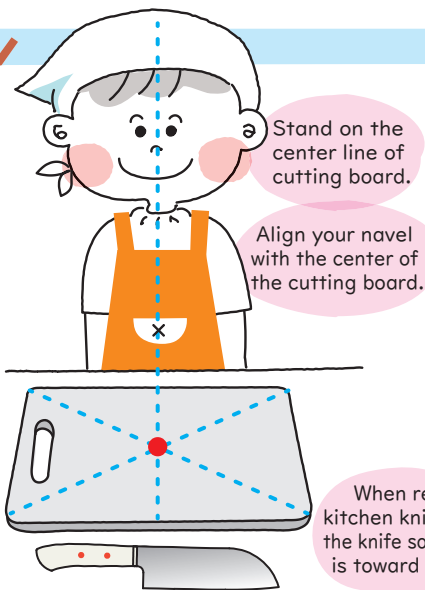
The height of working space is important.

Ideally, the kitchen top height matches navel of kids.

Have the towel for your own

Wash your hands well.

Stand on the step to adjust the height.



Stand on the center line of cutting board.

Align your navel with the center of the cutting board.

Rules to use kitchen knife safely

Hold the knife handle near the blade.

Curl your fingers into a claw and hold the ingredients.

Basic cutting skills

Put your nails on the ingredients and hold it tight.

Do not put a kitchen knife on your hand.

Like grabbing an egg on your palm.

When resting kitchen knife, place the knife so the edge is toward outside.

How to use a kitchen knife

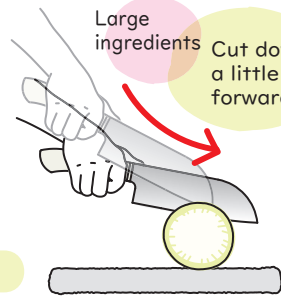
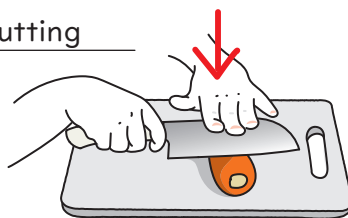
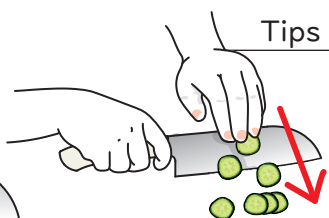
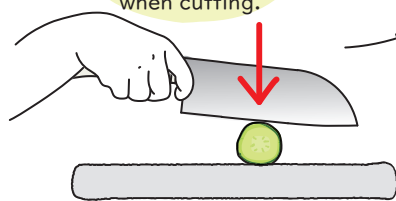
Move the knife vertically from top to bottom when cutting.

Tips of cutting

Large ingredients Cut down a little forward.

When ingredients sticking to the blade, remove it from spine side of the blade, not from edge side.

Hard ingredients Push the knife blade spine to cut through.



Wipe off the knife blade with sponge from spine side.

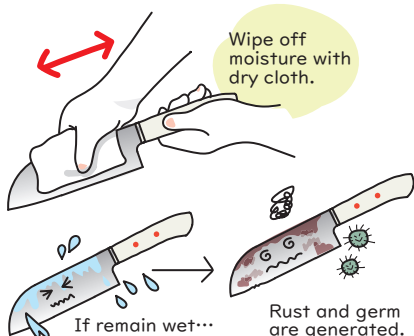
After using kitchen knife, wash it well with detergent.

How to care your kitchen knife

Wipe off moisture with dry cloth.

Do not cut too hard ingredients.

If you maintain the knife well, it can be used for a long time!



Frozen food

Dried rice cake

Bone

Maintenance