

Kitchen Safety – Prerequisite

****This lesson is a requirement before taking any other classes****

Slide 1: Introduction

Slide 2: General Safety

Before we even start taking about cooking safely, we need to talk about how we behave in the kitchen.

1. We only cook with permission from an adult and only when an adult is supervising us.
2. The kitchen is full of dangerous things. We can get really hurt if we aren't careful.
 - a. We have to pay attention to what is going on around us in the kitchen.
3. The kitchen is not a place to play.
 - a. Cooking is a job, not a game. When we cook, we need to focus on cooking; not talking or playing or joking.
 - b. The thing we use to cook are tools, not toys. We can get hurt if we don't use our tools correctly.

Because cooking can be dangerous, we all have to learn these safety tips before we can cook. Also, we will not be able to keep cooking if we are breaking our safety rules.

Slide 3: Kitchen Hazards

A hazard is something that is dangerous, something that could make us hurt or sick. There are 4 dangers when we are cooking. Can you guess what they are? 1) Getting sick from the food we eat. 2) Cutting ourselves. 3) Burning ourselves. 4) Starting a fire.

Slide 4: Preventing Sickness from Food

The first kitchen danger we are going to talk about is getting sick from our food. If germs or bacteria get into our food & we eat that food, we can get sick. When someone gets sick from food, we call it a food borne illness.

We have to be careful when we are cooking, so that no germs or bacteria get into the food we are making. There are 4 ways to keep bacteria from getting on our food; clean, separate, cook, and chill.

- 1) Sanitize surfaces
- 2) Avoid cross contamination
- 3) Cook food thoroughly
- 4) Cool food properly

We're going to watch a video about these 4 steps & then we'll learn about each step.

Video: Clean, Separate, Heat, Chill - https://www.youtube.com/watch?v=220-V_8nyFI

Slide 5: Clean

The first way to stop bacteria from getting on our food is to be clean and sanitized. What does it mean to be clean? In the kitchen, being clean means not messy. But it also means that we have taken steps to get rid of bacteria. Killing bacteria is called sanitizing.

First, our kitchen, counters, dishes, and clothes should all be clean, with no dirt or old food on them. Then, we need to sanitize so that no bacteria gets onto our food from them.

Next, we should always wash our hands before cooking. Use warm water and soap. Bacteria don't like warm water, and slippery soap helps slide bacteria off your hands. Rubbing your hands together also helps flick off bacteria; remember to scrub for 20 seconds (as long as it takes to sing the alphabet song). Finally, rubbing our hands on a clean, dry towel helps to get rid of any bacteria that's left on our hands. Let's watch this video about handwashing.

When we cough or sneeze, bacteria can get onto our food. If you have to cough or sneeze in the kitchen, always cover your mouth with your elbow, and wash your hands afterwards. We keep our hair up when cooking, so that our hair doesn't get in our food. If you touch your hair, mouth, or face when cooking, you need to go wash your hands again. If you have put a spoon in your mouth for a taste, it needs to be washed.

Bacteria can start off on our ingredients. That's why it's important to always wash things like fruits and vegetables before cooking with them.

Video: The Scrub Club - <https://www.youtube.com/watch?v=JES4Svjcuww>

Activity: Spot the Mess Worksheet

Go through the sheet and circle everything that is not clean.

Once everyone is finished, go through the picture on the board. What needs to be cleaned? And how could we clean it?

Slide 6: Preventing Sickness from Food

The first way to keep from getting sick is to keep our kitchen, tools, ingredients, and selves clean. The second way is to keep different types of food separate from each other.

We also have to remember that we can make other people sick if we cook while we are sick. If our stomachs hurt or we're throwing up, or sneezing, or coughing, we should not be cooking.

Slide 7: Separate

Raw (uncooked) meat can have bacteria on it. Raw meat needs to be kept separate – away from other food, like vegetables, ingredients, and food that's already cooked. Raw meat should be kept in a different part of the fridge and should be cut on different cutting boards.

Activity: Sort Meat & Veggies

Let's play a sorting game. We'll stick the raw meat on the red cutting board and anything else on the green cutting board.

Slide 8: Preventing Sickness from Food

The first way to keep from getting sick is to keep our kitchen, tools, ingredients, and selves clean. The second way is to keep different types of food separate from each other. We're going to do the last two ways together; cooking food to the right temperature and keeping food cool before and after cooking.

Slide 9: Cook & Chill

Heat and cold both kill bacteria. We cook food to kill bacteria. Food has to be cooked long enough and at the right temperature to kill bacteria.

Like we learned when separating, uncooked/raw meat is especially dangerous. Meat should always be cooked for the right time, at the right temperature. Meat changes colour and texture when it is fully cooked. Raw meat is usually pink or red, and runny with blood/juices. Cooked meat is usually brown (or white for things like chicken), and it is more solid, with no running blood.

Before and after food is cooked, it should be kept in the fridge, so bacteria don't grow on it.

Let's watch a video to remind us about the different ways to keep bacteria off of our food.

Video: Clean, Separate, Heat, Chill - <https://www.youtube.com/watch?v=XIfHzZSZVSk>

Slide 10: Preventing Sickness from Food

The four ways we keep bacteria off of our food are

1. Clean: Our kitchen, tools, ingredients, and selves
2. Separate: Raw meat from other food. We call this avoiding cross contamination
3. Cook: Food, especially meat, at the right temperature until it changes color. The adults cooking with you will use a thermometer to check that the food has reached the right temperature (74°)
4. Chill: Keep food we aren't cooking/eating cold, before and after cooking
5. We don't cook when we are sick; we don't want our germs to get into food and other people.

Slide 11: Kitchen Hazards

The next hazard we are going to look at is cutting ourselves. We will be using knives when we cook and they are sharp. So we're going to go over safety tips for knives.

Slide 12: Preventing Cuts

The first thing we need to know is how to carry knives. Do we hold a knife by the sharp blade or by the handle? We carry knives by the handle, with the sharp blade pointed down. Do we run with knives? No; we never run in the kitchen and we especially never run with knives.

When we use knives, we want to remember the word SAFETY.

Secure your knife: Hold your knife in the hand you write with. You hold the handle of a knife like a bike. Keep all of your fingers and thumb tucked in. If you feel like your knife is wobbly, move your hand up closer to the top of the handle.

Anchor your cutting board: We always use a cutting board when cutting. This keeps our knives from wrecking our tables/counters and also helps our food not to roll around. Your cutting board shouldn't move around while you are cutting.

Fingers rolled back: You will use your strong hand to hold the knife, and the other hand to hold what you are cutting. Put your hand near the back of what you are cutting, far away from the knife. Curl your thumb and all of your fingers into a fist, so they are away from the knife. Use your hand to push the food towards the knife as you cut.

Eyes on the knife: While you are cutting, you should always be looking at your knife. If you need to talk to someone or put your cut veggies in a bowl, stop cutting and put your knife down.

Take your time: Go slowly and carefully. Cutting faster doesn't work very well and it's more dangerous.

Yield to falling knives: If you drop your knife, don't try to catch it! Let it fall. Pull your arms, legs, and feet close to you and away from the knife.

Video: Kitchen Safety (Knife Segment) - <https://www.youtube.com/watch?v=KL9r9q9n20A>

When we are cutting food, we should place it flat on our cutting board, so that it won't roll as we are cutting it. If your food is not flat, have an adult help you cut it flat.

There are 3 ways to cut with our knives

1. **Rocking Cut:** Pretend the tip of your knife is glued to the cutting board. Now lift the blade up, but leave the tip on the board. Put the food under the knife. Make sure your fingers are back and rolled, and cut down slowly. This cut is good for most food.
2. **Saw Cut:** The tip of our knife is still glued to the board. We are going to put the food under the knife, then slowly go back and forth like a saw. This cut is good for soft food.
3. **Flat Chop:** If your food is very big or hard, you might have to help your knife. Start with a rocking cut. Put your other hand flat on top of the knife and gently use it to push down.

Video: Knife Hold & Cutting - <https://www.youtube.com/watch?v=1TsbYCJ0yHM>

Activity: Knife Hold and Cut Types

We are going to practice our knife hold with these plastic knives. Can everyone pick up their plastic knife in their writing hand. Show me your bicycle hold on your knife. Move your hands up if your knife feels wobbly.

We will practice our cuts with play dough. Hold your knife in your strong hand and your playdough in the other hand. Remember to keep your thumb and fingers back and rolled. Let's try a rocking cut, saw cut, and flat chop.

Slide 13: If you get Cut

If you cut yourself, you need to stop cooking and touching food right away, and find an adult. They will help you to stop the bleeding, by holding the hand up above your heart and pressing a clean bandage against it. Raising your hand makes it harder for the blood to come from your heart up to the cut. Applying pressure helps to seal the cut and stop the blood.

The adult will decide if the cut can be cleaned or if the ambulance needs to be called. If the adult can stop the bleeding, they will stop the bleeding, then rinse your hand. Then, they will put a bacteria killing cream (called an antiseptic) on the cut and wrap it in a bandage to keep bacteria out. Just like bacteria on our food can make us sick, bacteria in a cut can make us sick.

Any food you were cutting when you got cut will need to be thrown out. We don't want blood on our food.

Slide 14: Kitchen Hazards

We've talked about how not to get sick from food and how not to cut ourselves. Next, we are going to learn about how to not burn ourselves while cooking.

Slide 15: Stop Burns

We have to heat food for it to be safe to eat. But hot food or the tools to make food hot, like an oven, microwave, or stove, can burn us.

Here are some tips to not get burnt:

- Don't touch hot tools or pots. If it might be hot, slowly put your hand out to test it before grabbing it. Use oven mitts when touching a tool, pot, pan, lid, or anything else that might be hot.
- Don't leave pan handles facing out where someone could grab them or knock them over. Turn them in towards the stove instead.
- Don't leave hot things, including food or drinks, near the edge of a table, where they could be pulled or knocked off. Place hot things in the middle of your table or counter.

Video: Kitchen Burn Safety - <https://www.youtube.com/watch?v=2UBYautmHgk>

Slide 16: If You Get Burned

If you cut yourself, you need to stop cooking and touching food right away, and find an adult. They will help you to hold the burned area in cool water for about 20 minutes. Depending on how bad the burn is, the adult might apply burn medicine from the First Aid kit or call the ambulance.

Slide 17: Kitchen Hazards

We've talked about how not to get sick from food, how not to cut ourselves, and how to not burn ourselves. Next, we are going to learn about how not to start fires while cooking.

Slide 18: Stop Fires

The first way to stop fires when cooking is to keep the stove area clean, with no flammable items near or on the stove. Flammable, means it can easily catch on fire. Things like paper, plastic, and cloth are flammable.

Next, keep loose or flowy clothing and hair away from the stove. We already learned that we keep our hair up when cooking, so we don't spread germs, but we also don't want it toughing a hot stove top and starting a fire.

Lastly, whenever we are cooking, we stay with the stove, and we pay attention to it. Most kitchen fires start when someone has left their stove on and then walked away.

We only use the stove when an adult is with us and gives us permission.

Activity: Spot the Burn & Fire Hazards

Slide 19: If there is a Fire

If there is a fire the kitchen, get an adult immediately.

In a kitchen, most fires will be caused by food grease getting hot and catching fire, or by a problem with electricity. This is very, very important; NEVER put water on a grease or electrical fire. Water will not stop grease/electrical fires. Water actually spreads grease/electrical fires, and often when water is put on these kinds of fires, the fire splashes and can badly burn people.

If there is a fire in one of our pots, an adult will put a lid on the fire, use an oven mitt to push the pot off the heat, and turn off the stove. They might also use our special kitchen fire extinguisher. If the fire is in the whole room, we will leave the building and call the fire department.

Video: Kitchen Fire Safety <https://www.youtube.com/watch?v=JAzFIpET9mg>

Does anybody know what to do if they or their clothes are on fire?

1. Stop: The first thing to do is STOP where you are. Running around or flapping your body only spreads fire. So stop and be still.
2. Drop: Next, get down on the ground. Putting your body on the ground helps to stop giving the fire air to grow.
3. Roll: Last, put your hands over your face and roll. Rolling also stop the fire from growing. You cover your face with your hands to protect your face.

Video: Stop, Drop, and Roll <https://www.youtube.com/watch?v=omfQKNmdmVo>

Activity: Practice Stop, Drop, and Roll

Slide 20: Kitchen Hazards

We've covered how not to get sick, cut, burnt, or start a fire. We have one more thing to cover for kitchen safety.

Slide 21: Cleaning & Chemicals

Does anybody have a guess what these are? These are cleaners. Cleaners have chemicals in them, and they can be dangerous. Cleaners can be poisonous. Does anybody know what poisonous means? Poisonous means you can get very sick or die if you eat it. Chemicals can also hurt our eyes, nose, mouth, or skin if we touch them or breathe them in. Chemicals can also catch fire or explode easily.

Slide 22: Cleaning & Chemicals

So, how can we stay safe when using cleaning chemicals? We do use different cleaning chemicals in our kitchen, mostly to clean the counters and dishes.

First, we should only use cleaners with permission from an adult. We can also wear gloves to keep our skin safe. And, we should wash our hands after using cleaners.

We never drink or eat chemicals. If you aren't sure if something is dangerous, always ask an adult. When we are cleaning, we don't touch our eyes, nose, or mouth, so that we don't get any chemicals in them.

Another very important thing is that we never mix cleaning products. Some chemicals can have very dangerous effects when they are mixed, they can become poisonous or even explode.

Slide 23: What We Use

We don't use very many chemicals in this kitchen, and only the adults will use them. But, just in case, we're going to talk about what we have in this kitchen.

1. Dish Soap: Dish soap is safe to touch. It is not safe to eat. It will sting if you get it in your eyes. It is safe to smell.
2. Lysol: Lysol is safe to touch. It is not safe to eat or get in your eyes. It's okay to smell but not a lot.
3. Bleach: We should be careful with bleach. It is not safe to touch. It is definitely not safe to eat, get in your eyes, or smell. We use bleach because it kills bacteria but we have to be very careful with it.
4. Bleach with water: Bleach is safer when mixed with water. It is safe to touch. It is still not safe to eat. Bleach with water is not safe to get in your eyes or smell but it isn't going to kill us either. The adults will mix the bleach with the right amount of water.
5. Dish soap and bleach can not be mixed.

Okay everyone, before we go home, we are going to do a quick review activity, to make sure that we are ready to safely cook when the program starts.