

## PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

### Planning, Selecting, Storing, Preparing and Serving Food

Grade Levels: 7-12

**Concept:** Kitchen Safety

**Comprehensive Standard:** 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

**Technical Standard(s):** 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

#### LESSON COMPETENCIES

- Identify safety hazards in the kitchen
- Demonstrate safe practices while working in the kitchen
- Discuss what to do in case of common kitchen accidents

#### Anticipated Behavioral Outcomes:

- Students demonstrate safe practices when working in home or food service kitchens.

#### Resources Needed:

- Video on Kitchen Safety (one is suggested below in reference list)
- Copies of handouts for each student

#### References for teachers and students:

Byrd-Bredbenner, C. (2007). *Adventures in Food and Nutrition*. Goodheart-Willcox Publishing, Tinley Park, IL [www.goodheartwillcox.com](http://www.goodheartwillcox.com) Chapter 8 Play It Safe!

Texas Tech University, Iowa State University and University of Wisconsin-Stout (September, 2001). *Assessment Strategies for Family and Consumer Food and Nutrition National Standards*. Funded by the USDA, Cooperative State Research, Education and Extension Service and Higher Education Challenge Grants. Available from The Curriculum Center for Family and Consumer Sciences, Texas Tech University, Box 41161, Lubbock, TX 79409-1161, Phone 806-742-3029. Request Item #4500. Cost is \$20.00 + \$5.00 shipping and handling.

Videos *Kitchen Safety* and *Kitchen and Food Safety* are good videos presented from the food service industry perspective and the home kitchen. Order from Meridian Education Corporation, P.O. Box 911, Monmouth Jct., NJ 0885-0911. Phone: 1-800-727-5507 ([www.meridianeducation.com](http://www.meridianeducation.com))

**NEW** – The *Food Safety: From Farm to Table* (<http://foodsafety.cas.psu.edu/nie/nie.html>) site has several lesson plans on food safety including safety on the farm, in food processing, food preparation at homes and restaurants; sample exams are also provided.

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Unit III—Planning, Selecting, Storing, Preparing and Serving Food to Meet Nutritional Needs

Lesson 5 Kitchen Safety

Page 1

**Background Information:**

Each year, thousands of people are injured, become ill or are killed because of dangerous safety and sanitation practices in the kitchen. Most of these accidents could have been prevented if those involved practice appropriate kitchen safety and sanitation practices.

The main causes of accidents are falls, fires, burns, chemicals and electrical shocks.

**Learning Activities:****Middle School Level**

- Introduce the topic of kitchen safety with a Kitchen Safety Scavenger Hunt. Set up one of the kitchens with several kitchen hazards (for example, paring knife in sink, cupboard door open, etc.); ask students to identify as many hazards as possible. Discuss why each could lead to a kitchen accident
- Show a video on kitchen safety for students (see reference list for suggested video)
- Complete the activity [\*What's the Problem?\*](#) Discuss answers with students when they have completed the assignment.
- Working independently or in teams of two, have students research and make mini presentations on expanded topics in the area of kitchen safety. Possible topics: cuts, falls, fires, burns, poisons, care of utensils, etc. Present to class.
- Complete a post-test, [\*Kitchen Safety Test\*](#). Student must pass with 100% accuracy to demonstrate competency before involvement in kitchen laboratory experiences.

**High School Level**

- Review kitchen safety practices by asking student to develop a Top Ten list of appropriate kitchen safety and sanitation practices.
- Research appropriate kitchen safety and sanitation practices and develop a kitchen safety and sanitation document (poster, booklet, pamphlet, PowerPoint, etc.) appropriate for training food service employees. Follow the guidelines from the Actions Based Learning Research Project (pp. 255) in the *Assessment Strategies for Family and Consumer Food and Nutrition National Standards*. (see reference list) A scoring rubric and questions for reflection are provided.

**Extended Learning Activities:**

- **Ask older students to train younger students on appropriate kitchen safety and sanitation practices.**

- **Kitchen Safety Puppet Show** – Create a puppet show on kitchen safety to present to younger children. Present to preschool, kindergarten or elementary school children or after school care participants.

# What's The Problem?

Name \_\_\_\_\_

**Directions:** Read each scenario described below. If the scenario requires no changes, check “No Problem!” If the scenario presents an unsafe kitchen practice, suggest what should be done to address the problem.

1. Rick is making a pizza for supper. The timer goes off; Rick grabs a kitchen towel to remove the pizza from the oven.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Rick should:

2. Amy loves a toasted bagel with cream cheese for breakfast. She likes to wait for them to cool slightly before using a fork to remove the bagel from the toaster.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Amy should:

3. Tim uses cleanser to clean the sink after washing dishes. He puts the cleanser under the sink and locks the safety latch on the door.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Tim should:

4. Emily wants to add some sliced onion to the salad she is making. She holds the onion in her hand and cuts toward her to slice off the onion.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Emily should:

5. While Paul is frying some hamburger for chili, a small fire breaks out. Paul quickly gets a glass of water to put out the fire.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Paul should:

6. Jose broke a measuring cup while preparing muffins for his family. He cleaned it up with a dishcloth to protect his hands.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Jose should:

7. Kareesha just finished using the kitchen mixer in preparing a cake mix. She pulls on the cord to unplug it with her wet hands.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Kareesha should:

8. Ned is boiling water to make macaroni and cheese. He keeps the handle of the pan facing the front of the stove so it will be easy to remove when it is time to drain the macaroni.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Ned should:

9. Jamie is picking out a new kitchen rug as a gift for her Mom. She chooses one with a non-skid backing.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Jamie should:

10. Katie and Keith are cleaning up after their family's supper. Katie drops the paring knife into the dishwater as she cleans off the counter.

\_\_\_\_\_ No Problem!

\_\_\_\_\_ There's a problem here! Katie should:

# What's The Problem? - Answer Key

Name \_\_\_\_\_

**Directions:** Read each scenario described below. If the scenario requires no changes, check "No Problem!" If the scenario presents an unsafe kitchen practice, suggest what should be done to address the problem.

1. Rick is making a pizza for supper. The timer goes off; Rick grabs a kitchen towel to remove the pizza from the oven.

\_\_\_\_\_ No Problem!

  X   There's a problem here! Rick should: **use a pot holder or oven mitt to remove the pizza – a towel can easily catch on fire.**

2. Amy loves a toasted bagel with cream cheese for breakfast. She likes to wait for them to cool slightly before using a fork to remove the bagel from the toaster.

\_\_\_\_\_ No Problem!

  X   There's a problem here! Amy should: **unplug the toaster and remove the bagel by tipping the toaster; a fork should not be used as it may cause a shock**

3. Tim uses cleanser to clean the sink after washing dishes. He puts the cleanser under the sink and locks the safety latch on the door.

  X   No Problem!

\_\_\_\_\_ There's a problem here! Tim should:

4. Emily wants to add some sliced onion to the salad she is making. She holds the onion in her hand and cuts toward her to slice off the onion.

\_\_\_\_\_ No Problem!

  X   There's a problem here! Emily should: **use a cutting board for slicing the onion and slice down, away from her body, toward the cutting board.**

5. While Paul is frying some hamburger for chili, a small fire breaks out. Paul quickly gets a glass of water to put out the fire.

\_\_\_\_\_ No Problem!

  X   There's a problem here! Paul should: **use a lid to the pan to smother the fire or use baking powder or salt to smother the fire.**

6. Jose broke a measuring cup while preparing muffins for his family. He cleaned it up with a dishcloth to protect his hands.

No Problem!

There's a problem here! Jose should:

7. Kareesha just finished using the kitchen mixer in preparing a cake mix. She pulls on the cord to unplug it with her wet hands.

No Problem!

There's a problem here! Kareesha should: **dry her hands before unplugging the mixer to avoid an electrical shock.**

8. Ned is boiling water to make macaroni and cheese. He keeps the handle of the pan facing the front of the stove so it will be easy to remove when it is time to drain the macaroni.

No Problem!

There's a problem here! Ned should: **keep the pan handle turned toward the back of the stove; if someone were to walk by with the handle turned toward the front, the pan of boiling water could be spilled.**

9. Jamie is picking out a new kitchen rug as a gift for her Mom. She chooses one with a non-skid backing.

No Problem!

There's a problem here! Jamie should:

10. Katie and Keith are cleaning up after their family's supper. Katie drops the paring knife into the dishwasher as she cleans off the counter.

No Problem!

There's a problem here! Katie should: **place the paring knife on the counter near the sink and wash it separately so that no one is cut by the blade.**

## Kitchen Safety Test

Name \_\_\_\_\_

Part A. Multiple Choice. Choose the correct answer to each question or that correctly completes the phrase. Place the letter corresponding to the answer in the blank in front of each question or phrase.

\_\_\_\_\_ 1. Major causes of kitchen accidents include all of the following EXCEPT:

- A. Burns from hot grease
- B. Cuts from dull knives
- C. Paper cuts
- D. Slipping on wet floors

\_\_\_\_\_ 2. Which of the following safety procedures can help prevent burns?

- A. Filling containers of hot liquid to the top
- B. Lifting covers away from face to let steam escape
- C. Turning pan handles towards the edge of the stove
- D. Wearing loose-fitting clothes

\_\_\_\_\_ 3. Hot fat may splatter and cause burns on hands and face IF:

- A. drops of water get into it
- B. a liquid fat is used
- C. too little fat is used in hot pan
- D. you remove a lid too quickly

\_\_\_\_\_ 4. The best reason for pinning long hair back away from the face is:

- A. it may catch on fire
- B. it may get in the food
- C. it looks better
- D. it is easier to work

\_\_\_\_\_ 5. Remove hot pans from the oven with:

- A. a dishcloth
- B. a pot holder or mitt
- C. a dishtowel
- D. any of the these are safe to use

- \_\_\_\_\_ 6. When plugging a cord into an appliance, you should:
- A. plug the cord into the outlet, then into the appliance
  - B. plug the cord into the appliance, then into the outlet
  - C. plug the cord into the appliance and the outlet at the same time
  - D. any of these are safe practices
- \_\_\_\_\_ 7. If food cooked on the stove catches fire, you should:
- A. throw water on it
  - B. carry the flaming pan to the sink
  - C. put the fire out with an extinguisher or throw salt or baking soda on it
  - D. either A or B
- \_\_\_\_\_ 8. When cleansing kitchen counters, to kill the most strains of bacteria, it is best to use:
- A. hot soapy water
  - B. baking soda and water
  - C. bleach and hot water
  - D. all of the above are equally effective
- \_\_\_\_\_ 9. When slicing tomatoes for a salad, which of the following is NOT a safe kitchen practice:
- A. slice the tomatoes on a cutting board
  - B. slice away from the body
  - C. place the knife in the sink when finished using it
  - D. use a sharp knife
- \_\_\_\_\_ 10. Slips and falls can best be prevented by:
- A. wearing closed toes shoes
  - B. using rugs that have a non-skid backing
  - C. watching where you are going
  - D. none of these practices will help prevent slips and falls

Part B. Short Answer. Describe what you should do if practicing appropriate kitchen safety do in each situation.

11. What should you do if there is broken glass on the floor?

12. What are three ways to safely extinguish a grease fire?

13. What is the first thing you should do before removing something from or cleaning a kitchen appliance?

14. What is the proper technique to follow when lifting a heavy object?

15. Name 2 items that should be in a kitchen as a part of safe kitchen practices.

## **Kitchen Safety Test Answer Key**

### **Part A. Matching**

- 1. C**
- 2. B**
- 3. A**
- 4. B**
- 5. B**
- 6. B**
- 7. C**
- 8. C**
- 9. C**
- 10. B**

### **Part B. Short Answer**

- 11. use a wet cloth to pick up the pieces**
  
- 12. use a fire extinguisher  
cover the pan with a lid  
use baking soda or flour to extinguish the flames**
  
- 13. unplug the appliance**
  
- 14. bend at your knees and use your legs to lift**
  
- 15. fire extinguisher or fire blanket  
first aid kit**