

# Kitchen Safety and Sanitation Review

## Summary

Following the principles of safety and sanitation in the kitchen are the basic building blocks for a successful experience in the kitchen. The students will be reviewing Foods I kitchen and sanitation techniques in a fun-filled game.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 1 Standard 1](#)

## Time Frame

1 class periods of 70 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Communication

## Materials

- Bell Ringer Cards
- Kitchen Safety and Sanitation PowerPoint Presentation
- Call Bells (one for each group of student)
- Candy or reward for winning teams
- Cooking Oil
- Cinnamon
- 1 Tbsp. Measuring spoon
- 1/4 tsp. Measuring spoon

## Intended Learning Outcomes

Students will be able to do the following:

- Review food borne illness sources, symptoms and preventions
- Understand the concept FIFO
- Identify and demonstrate the importance of personal hygiene
- Demonstrate disinfection of work surfaces
- Apply established safety rules and guidelines to maintain a safe working environment.

## Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Kitchen Safety and Sanitation Lesson Plan" attachment.

## Assessment Plan

Encourage all students to participate in the review game. Participation points may be used to encourage all students to take part in the game.

## Bibliography

- [Foods and Nutrition II Curriculum Guide](#)  
from the Utah State Office of Education
- [Hand Washing and Sanitation Lesson Plan](#)  
by Debra Paul

### Authors

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