Safety and Sanitation

Observe the picture…what unsafe practices are happening in this kitchen?

Three most common accidents:

1.

2.

3.

1. CUTS

|  |  |
| --- | --- |
| PREVENTION (list at least 3) | FIRST AID |
|  |  |

2. Methods of holding a knife are:

A. The \_\_\_\_\_\_\_\_\_\_\_\_\_-hand top

B. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best knives are SHARP knives. Why?

 🡪 They use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. SPILLS (which result in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

|  |  |
| --- | --- |
| PREVENTION | FIRST AID |
| (#1 rule of the class):  | \*Unless…. |

1. BURNS

|  |  |
| --- | --- |
| PREVENTION (list at least 2): | FIRST AID |
|  |  |

Types of burns:

a. 1st degree (like a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

b. 2nd degree (usually has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

c. 3rd degree (severe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ damage)

SOURCES of burns: Thermal (which means \_\_\_\_\_\_\_\_\_\_), chemical, electrical

ELECTRIC SHOCK:

Prevention: \*\*\*: \_\_\_\_\_\_\_\_\_\_\_\_ and electricity don’t mix!

List 2 other prevention tips:

A.

B.

WHAT TO DO IF SOMEONE IS SHOCKED:

1. Turn the power \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Remove them from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Call 911
4. Begin compressions if necessary

GREASE FIRES

Cause: \_\_\_\_\_\_\_\_\_\_\_\_ gets too hot. Does it need a flame to start? YES / NO

How to put it out (list at least 3)—

DON’T PUT!!!! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FOOD-BORNE ILLNESSES**

Food Borne Illnesses result from eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Bacteria need \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_, & \_\_\_\_\_\_\_\_\_ to grow.

How do bacteria reproduce? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
|  | SOURCES | SYMPTOMS | PREVENTION/NOTES |
| Botulism | Bad \_\_\_\_\_\_\_\_\_\_ food\_\_\_\_\_\_\_\_\_\_\_ for babies |  | **Don’t use:** |
| E. Coli |  | NDVs | **Don’t eat:****Don’t put**:Cooked meat on a raw meat plate |
| Hepatitis A |  | NDVsJaundice | **Wear an**:**Wash your hands!** |
| Salmonella |  | NDVs | **Don’t eat:** uncooked \_\_\_\_\_\_\_\_\_\_ or raw \_\_\_\_\_\_\_\_\_\_\_\_\_ (like cookie dough!)**Don’t put**: cooked meat on raw meat plate |
| Staphylococci |  | Similar to a bad \_\_\_\_\_\_\_\_\_ or cold | **Cough in your:** |

**4 C’s of Food Safety**

Best Prevention of Food-Borne Illnesses:

HANDWASHING:

Sanitation:

Rules of Handwashing:

* \_\_\_\_\_\_\_\_\_\_\_ seconds
* Places to remember to wash:
	+ Under your \_\_\_\_\_\_\_\_\_\_\_\_
	+ Up your \_\_\_\_\_\_\_\_\_\_\_
	+ Between your \_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_!

Sanitizing/Prevention Tips:

1.

2.

3.

4. Thaw foods in these two ways:

**KEEP HOT FOODS \_\_\_\_\_\_\_, & COLD FOODS \_\_\_\_\_\_\_!**