

.....
ASSIGNMENT SHEET

.....
SAFETY/SANITATION

DATE DUE _____

NAME _____ HOUR _____

DIRECTIONS: Complete all activities. A challenge project must be completed to earn an "A" on this unit. Put your unit together in the order listed below.

TEACHER STUDENT

_____	_____	1. KITCHEN SAFETY PRE-TEST (20)
_____	_____	2. CARELESS CHRIS (20)
_____	_____	3. SENSELESS SAL (20)
_____	_____	4. DISHWASHING CHECKUP (20)
_____	_____	5. SAFETY TEAMS (20)
_____	_____	6. TEST (20)
_____	_____	7. MANAGEMENT OF CLASS TIME AND ROOM (20)
_____	_____	8. SUMMARY SHEET (3 points per day)
_____	_____	9. CHALLENGE PROJECT(S) (30 EACH)
_____	_____	HOME SAFETY CHECKLIST
_____	_____	TOTAL
_____	_____	GRADE

SAFETY/SANITATIONSUMMARY SHEET

SUMMARY SHEET

Name _____ Class _____

Day One

1.

2.

3.

Day Two

1.

2.

3.

Day Three

1.

2.

3.

Day Four

1.

2.

3.

Day Five

1.

2.

3.

KITCHEN SAFETY PRE-TEST

DIRECTIONS: In the blank beside each rule, place the letter that gives the best reason for the rule.

- | | |
|---|---|
| _____ 1. Never use water to put out a grease fire | A. it could slip and cut you. |
| _____ 2. Point pan handles toward the center of the range | B. so food or utensils are not contaminated. |
| _____ 3. Never use a towel as a pot holder | C. wear plastic gloves. |
| _____ 4. Always cut on a cutting board | D. because they could contaminate each other. |
| _____ 5. Do not touch electrical equipment with wet hands | E. so the ends will not start on fire. |
| _____ 6. Lift the cover of a steaming pot away from you | F. because a chip of glass could be swallowed. |
| _____ 7. Stir hot foods with a wooden spoon | G. so counters will not be scratched. |
| _____ 8. Discard the tops of opened cans quickly | H. it will make it grow bigger. |
| _____ 9. Use a sharp knife to chop | I. as you could get shocked. |
| _____ 10. Wipe up spills immediately | J. because you have to push harder with a dull one. |
| _____ 11. Cool hot foods on a rack | K. so the sharp edges will not cut you. |
| _____ 12. Throw away cracked glasses | L. because bacteria grow best at room temperature |
| _____ 13. Serve hot foods hot and cold foods cold | M. so the steam will not burn your fingers or face. |
| _____ 14. Never store household cleaners with foods | N. so they will not be bumped and knocked over. |
| _____ 15. Never use a knife to open cans | O. because metal conducts heat. |
| _____ 16. Store foods below 40 degrees F. | P. so they will not burn counters. |
| _____ 17. Heat foods above 140 degrees F. | Q. as bacteria growth is slowed down. |
| _____ 18. Wash your hands often during food preparation | R. to kill bacteria. |
| _____ 19. If you have a cut on your hand | S. to cut off the oxygen. |
| _____ 20. Put a lid on a grease fire | T. to prevent falls. |

SAFETY/SANITATION-----***KEY--KITCHEN SAFETY PRE-TEST**

KITCHEN SAFETY PRE-TEST--KEY

- | | |
|---|--|
| <p>_H_ 1. Never use water to put out a grease fire</p> <p>_N_ 2. Point pan handles toward the center of the range</p> <p>_E_ 3. Never use a towel as a pot holder</p> <p>_G_ 4. Always cut on a cutting board</p> <p>_I_ 5. Do not touch electrical equipment with wet hands</p> <p>_M_ 6. Lift the cover of a steaming pot away from you</p> <p>_O_ 7. Stir hot foods with a wooden spoon</p> <p>_K_ 8. Discard the tops of opened cans quickly</p> <p>_J_ 9. Use a sharp knife to shop</p> <p>_T_ 10. Wipe up spills immediately</p> <p>_P_ 11. Cool hot foods on a rack</p> <p>_F_ 12. Throw away cracked glasses</p> <p>_L_ 13. Serve hot foods hot and cold foods cold</p> <p>_D_ 14. Never store household cleaners with foods</p> <p>_A_ 15. Never use a knife to open cans</p> <p>_O_ 16. Store foods below 40 degrees F.</p> <p>_R_ 17. Heat foods above 140 degrees F.</p> <p>_B_ 18. Wash your hands often during food preparation</p> <p>_C_ 19. If you have a cut on your hand</p> <p>_S_ 20. Put a lid on a grease fire</p> | <p>A. it could slip and cut you.</p> <p>B. so food or utensils are not contaminated.</p> <p>C. wear plastic gloves.</p> <p>D. because they could contaminate each other.</p> <p>E. so the ends will not start on fire.</p> <p>F. because a chip of glass could be swallowed.</p> <p>G. so counters will not be scratched.</p> <p>H. it will make it grow bigger.</p> <p>I. as you could get shocked.</p> <p>J. because you have to push harder with a dull one.</p> <p>K. so the sharp edges will not cut you.</p> <p>L. because bacteria grow best at room temperature</p> <p>M. so the steam will not burn your fingers or face.</p> <p>N. so they will not be bumped and knocked over.</p> <p>O. because metal conducts heat.</p> <p>P. so they will not burn counters.</p> <p>Q. as bacteria growth is slowed down.</p> <p>R. to kill bacteria.</p> <p>S. to cut off the oxygen.</p> <p>T. to prevent falls.</p> |
|---|--|

CARELESS CHRIS

DIRECTIONS: Listen to the story about careless Chris. On your own paper list at least twenty errors that Chris made while trying to bake cookies. Think Safety!

Chris decided to bake chocolate chip cookies. Working on top of the range, he grabbed the first mixing bowl in sight. Chris began to gather the necessary ingredients and place them on the range beside the mixing bowl. The flour was on the top shelf, so he climbed up on the counter to reach it. On his way down, Chris stepped into a drawer that had been left open and fell to the floor. Chris got up and began to measure the ingredients. He plugged in the mixer and found the switch in the "on" position. Chris managed to get the beaters in, but it was difficult with the motor turning. He mixed the shortening, sugar, butter, eggs and vanilla together. Chris used the liquid measuring cup to measure the dry ingredients so as not to dirty extra dishes.

After adding half of the dry ingredients, Chris found the bowl was overflowing so he quickly dumped the mixture into a larger bowl. Having forgotten to chop the nuts, Chris quickly grabbed for a knife in the dishtowel drawer. All he could find was a grapefruit knife so used that to dig out the nuts. The grapefruit knife didn't work very well and he accidentally cut his finger. Not having time to worry about the finger, Chris began to chop the nuts on the countertop. After these were added, he discovered the chocolate chips had melted from the heat of a burner used earlier that day.

After pouring the melted chips in the cookie dough, Chris spooned the cookies onto the cookie sheet, cake pan and pie pan. He placed them in the oven on both racks and set the timer. Chris then went to watch his favorite TV show. When the timer went off, Chris jumped up and ran into the kitchen only to discover that the oven had not been turned on. Chris turned it on to 375 degrees and went back to the TV. In the middle of "Days of Our Lives", Chris smelled something burning. Chris flew into the kitchen and grabbed the hot pan with the nearest dishcloth. He set the burned cookies in the sink because the counters were covered with dirty dishes. Chris put some butter on the burned fingers and looked at the burns and cookies in disbelief. What could possibly have gone wrong?

SAFETY/SANITATION-----***KEY**

CARELESS CHRIS--KEY

1. Did not wash hands before beginning to cook..
2. Used the wrong size bowl. It was not big enough for the entire recipe.
3. Used the top of the range as a mixing area. Something could have caught on fire. It is also harder to clean than a countertop.
4. Climbed up on the counter--should have used a step stool.
5. Left a drawer open, then tripped on it and fell.
6. Didn't check to be sure the mixer was in the "off" position before plugging it in.
7. Put the beaters in the mixer while it was turned on.
8. Measured the dry ingredients in a liquid measuring cup.
9. Stored the knives in the dishtowel drawer. He could have been cut while getting it out.
10. Cut his finger while using the grapefruit knife to chop the nuts.
11. Didn't wash or bandage his finger after cutting it.
12. He chopped the nuts on the countertop instead of on a cutting board.
13. He melted the chocolate chips on a burner and used them for the cookies.
14. Used a cake pan and pie pan for cookies instead of a cookie sheet.
15. Used both racks in the oven at once.
16. Forgot to turn on the oven the first time he tried to bake the cookies.
17. Forgot to set the timer the second time and burned the cookies.
18. Used a dishcloth instead of hot pads to take the cookies out of the oven.
19. Did not clean up the dirty dishes and then had no place to put the cookie sheet.
20. Put butter on his burned fingers instead of cold water.

DISH WASHING

Clean dishes and utensils are important to family health. Bacteria grows on dishes or utensils which have not been thoroughly cleaned, rinsed, and dried. Dirty dishes and utensils, or food scraps left sitting in the kitchen can attract cockroaches, mice, or other pests.

You can make dish washing easier and faster if you organize your work. You will need: hot water, rubber mats to protect dishes from breaking, a rubber scraper for removing excess food, steel wool or scouring pad, wire dish rack, tray, dish washing detergent, clean dishcloths and towels--used only for dish washing. (Make sure they are absorbent and lint-free).

Step 1--GETTING ORGANIZED

To be efficient, keep work surfaces as neat and as free of clutter as possible.

Save steps by using a tray to carry dishes from the table to the sink. Always set dirty dishes in the cleanup area rather than setting them down somewhere else and then having to move them again. Usually it is easier to sort and stack similar dishes together in piles.

Store detergents and cleaning agents near the sink to save steps. However, for safety's sake, make sure they are not accessible to small children. Store plastic wrap, aluminum foil, and refrigerator containers near the cleanup area so they will be handy when storing leftovers.

If you are right-handed, move dishes from the right to left as you wash them. If you are left-handed, move them from left to right.

If you are right-handed, stack the dirty dishes on your right, wash them in the sink in front of you, rinse them and stack the clean dishes on a draining rack to your left.

Make sure the clean dishes are placed in a clean area where it will be convenient to put them away. A double sink is ideal because it allows one basin for soapy water and another for rinsing the dishes.

Step #2--PREPARING THE DISHES

Dishwater will stay clean longer if you scrape dishes first with a rubber spatula. Scrape the excess grease out of pots with a paper towel. Soak extra dirty dishes in hot water right after use. Cold water should be used to soak high protein foods such as egg, milk, and cheese and very starchy foods such as rice or oatmeal. Hot water tends to harden these foods on the dishes. Also, do not soak wooden salad bowls or knives; they may warp or crack. Cast iron skillets should not be soaked very long because they may rust. Burned-on food should be soaked as soon as possible.

SAFETY/SANITATION===== DISHWASHING, continued

Step #3--WASH IN ORDER

Add a measured amount of soap (to prevent waste) and fill the sink about one-third full.

Wash dishes in the order that will leave the dishwater clean as long as possible. Make sure you use hot, soapy water. If you have a very large batch of dishes to wash, you may need to fill the sink with hot, soapy water more than once.

Do not plunge ice-cold glassware into very hot water because it might break. Be careful with abrasive cleansers or scouring pads. They can permanently scar the finish on plastics and laminated counter tops. Pots and pans are easy to clean if they have been pre-soaked. Burned pans clean more easily by filling them with water, adding a dish washing detergent and boiling gently.

Wash items in this order:

1. Glassware
2. Flatware (knives, spoons, forks)
3. Tableware (plates, cups, saucers)
4. Serving dishes
5. Pots, pans, other utensils

Step #4--RINSE

Make sure you use the hottest water available for rinsing the dishes! This helps the dishes dry without spots. It is more sanitary to rinse dishes under hot, running water than in a basin. Leave silverware handles up in the dish drainer. It keeps it more sanitary while being put away, and it is not safe to have dangerous knife blades pointing up.

Be sure to rinse both the inside and outside of the cups, glasses and bowls, and both sides of plates.

Step #5--DRY

Save yourself some time and let the dishes air dry; it is more sanitary than using a cloth. If you have used very hot rinse water, glasses should dry without spotting. In the lab, you will need to use a cloth because there is not time to let them air dry.

To save steps, store china, silverware and glassware closest to where they will first be used. When putting dishes away, place glasses upside down on the shelf. Plates, dishes and saucers may be stacked. Never stack crystal or glassware. Stacking will cause chipping or breaking. If stacked glasses stick together, place the bottom glass in hot water and some ice cubes in the top glass. They will easily come apart.

SAFETY/SANITATION-----DISHWASHING, continued

Step #6--CLEAN UP

You are not finished until you use a damp cloth and clean the counter, range top and refrigerator. Empty the wastebasket. Sweep the floor and use a dustpan to pick up bits and pieces. Close cupboard doors and drawers. Check the range to make sure it is turned off. Wipe out the sink and leave it clean and dry (especially stainless steel sinks which will water spot.).

USING A DISHWASHER

The care booklet that comes with your dishwasher is a great guide. It will tell you how to get the most use from the rack space available. Organization is still the first step. Pots and pans may need to be soaked. Heavily soiled items will need to be scraped and rinsed or they will not come clean. It is better not to place plastic or wooden items in a dishwasher. They often melt or warp because of the very hot water and air. Do not set tableware against metal items. The metal may leave streaks on the other pieces. It is more energy efficient to wait until you have a whole load before you start the dishwasher. It is often necessary to experiment with different dishwasher soaps and water softeners to obtain the best results for your particular machine and water. Water varies in hardness or softness depending on the source of your water or the area in which you live.

SANITATION IN THE KITCHEN

DIRECTIONS: Discuss the following information with students.

Sanitation means keeping the kitchen clean. All food, equipment, and people should be clean from bacteria. If you always practice good kitchen sanitation habits, you will be able to prevent food poisoning.

If you do not feel good, your stomach is upset, you have abdominal cramps, diarrhea or all three, you may think you have the flu, but it could be food poisoning. Many illnesses are caused by harmful bacteria in foods. These bacteria are very simple ones called germs. Bacteria are everywhere; on your hands, in the air, and even in some foods. These germs can multiply quickly when conditions are optimum. Bacteria love warmth, moisture, and food. When these are present they grow like wildfire. Under these favorable conditions, one germ can multiply into 281 trillion in just 24 hours. And each germ is capable of doing the same thing. Salmonella, botulism, staphylococcus, and clostridium perfringens are names of some germs which cause food poisoning.

Germs love warmth. They grow best at temperatures of 40 degrees F and 140 degrees F. Below 40 degrees F the spread of germs is slowed down by the cold. At temperatures above 140 degrees F they are killed.

Bacteria will grow more readily in foods that contain water or moisture. Dry foods like dry flour or sugar do not need to be refrigerated because they contain little moisture.

Bacteria need food to grow. Always wash your hands before handling food and often during the process. Do not handle food when you are ill. Wash off counters and range tops often. Always wash cutting boards thoroughly--especially after using it for one food and before cutting another food on it. It is better to have one cutting board for foods that will not be cooked such as salad ingredients and have another cutting board for foods that will be cooked like meats. That way bacteria cannot be harbored in the crevices and infect other foods that are not cooked. Cutting boards should be washed in hot, soapy water and then rinsed with chlorine bleach. Plastic cutting boards are better than wooden ones, because they do not have crevices that can harbor germs.

Do not buy any foods in containers that are outdated, bent, broken or bulging. If you think there may be a problem, the rule is: WHEN IN DOUBT, THROW IT OUT. Do not even taste a little bit of the food. It is too risky. A tiny little bit of some bacteria can be enough to cause death.

Put perishable foods in the refrigerator immediately. This will stop the growth of bacteria. Keep the refrigerator clean. Frozen foods should be kept at a temperature of 0 degrees F. or lower to prevent the growth of spoilage organisms. Thaw frozen foods in the refrigerator. Room temperatures allow bacteria to grow quickly.

SAFETY/SANITATION-----SANITATION, continued

Remember these kitchen sanitation rules:

1. Keep your hands clean. Wash them with hot, soapy water before food preparation and also after coughing, sneezing, playing with a pet, handling raw meats or eggs, and using the toilet.
2. Do not touch your face or hair while working in the kitchen. If you do, re-wash your hands. If you have long hair, keep it tied back.
3. Use separate towels for drying your hands and wiping dishes.
4. If you have a cut or sore on your hands, wear plastic gloves.
5. Wear clean clothes. Roll up long sleeves. Wear a clean apron.
6. If a towel or utensil falls on the floor, wash it before you use it again.
7. Always use a separate spoon for tasting. Never use the spoon you are using for stirring.
8. Keep hot foods hot and cold foods cold.
9. Keep utensils and counters clean as you work. Wipe up spills immediately.
10. Remove garbage from the kitchen at least once a day.

SUMMARY QUESTIONS:

1. What are the two temperature ranges that bacteria grow best in?
BETWEEN 40 DEGREES F AND 140 DEGREES F
2. How often should cutting boards be washed?
AFTER EVERY DIFFERENT KIND OF FOOD IS CUT ON IT
3. Name four kinds of food containers that are not safe to purchase.
PRODUCTS THAT ARE OUTDATED, BENT, BROKEN OR BULGING

SAFETY MATCHES

Cut these questions in strips and tape them on thirty (1/4-inch) dowels that are about twelve inches long. Paint from one to two inches at one end of each dowel red. Glue a small piece of cotton to the red end, so they look like large matches. Hand them out to the class. Have students answer the questions they get and place them under the proper category on the board. Discuss the answers as a class.

CATEGORIES:

FALLS CUTS BURNS HOUSEHOLD CHEMICALS ELECTRICAL SHOCK

1. How would you remove toast that is stuck in the toaster?
2. Name some safety hints for using electrical cords.
3. What is the first thing to do if something catches on fire on the range top?
4. How do you treat a burn?
5. How do you pick up broken glass?
6. How do you wash sharp knives with wooden handles?
7. What are some items that could be used to put out a grease fire?
8. How should you lift the lid of a pan on the range?
9. How do you use a sharp knife?
10. Which is safer to use--a dull knife or a sharp knife? Why?
11. In what kind of containers should you store household chemicals?
12. Give some safety tips for using electrical appliances.
13. What kind of utensils are best for stirring on the range top?
14. What should you do if your clothes catch on fire?
15. Where do you place pan handles on the range top?
16. What should you do if you crack a glass?
17. What should be used to help you reach high places?
18. Where should household cleaners and medicines be stored?

SAFETY/SANITATION----- SAFETY MATCHES, continued

19. What do you do if you are in the bathtub and you get a phone call?
20. What should you use when slicing foods?
21. Where is it safe to set hot pans?
22. Give some safety hints for using an electric mixer.
23. Give some safety hints for deep-fat frying.
24. Falls are the most common kitchen accident reported in hospitals. Name some ways to prevent falls.
25. You have cut yourself badly and are bleeding heavily. How do you stop the bleeding?
26. Your younger sister has just swallowed some aspirins. You do not know exactly how many. What do you do?
27. What are some good replacements for hot pads if you do not have any handy?
28. Name some safety hints for using high heat on the range top.
29. What is an electric octopus?
30. What kind of clothing should NOT be worn while working in the kitchen?

SAFETY/SANITATION===== ***KEY***

SAFETY MATCHES--KEY

1. How would you remove toast that is stuck in the toaster?
ALWAYS DISCONNECT THE APPLIANCE FIRST; DO NOT JUST TURN IT OFF. USE A KNIFE OR FORK TO REMOVE THE FOOD.
2. Name some safety hints for using electrical cords.
ALWAYS UNPLUG THEM WITH THE PLUGS, DO NOT TUG ON THE CORD. KEEP THEM UP SO THEY CAN'T BE TRIPPED ON. DO NOT USE A FRAYED CORD.
3. What is the first thing to do if something catches on fire on the range top?
TURN THE HEAT OFF FIRST. COVER THE UTENSIL OR TOSS A HANDFUL OF BAKING SODA ON THE BASE OF THE FLAMES.
4. How do you treat a burn?
A FIRST DEGREE BURN MAY BE RED OR THERE MAY BE MILD SWELLING AND PAIN. RUN COLD WATER OVER THE BURNED AREA OR SUBMERGE IN COLD WATER. IF NECESSARY, APPLY A DRY DRESSING. WITH A SECOND DEGREE BURN, THE BURN HAS PENETRATED THE SKIN MORE DEEPLY THAN A FIRST DEGREE BURN. THE SKIN IS RED OR MOTTLED, BLISTERS DEVELOP, AND THE AREA IS SWOLLEN. SUBMERGE THE HAND IN COLD WATER--NOT ICE WATER--FOR ONE TO TWO HOURS. APPLY A DRY, STERILE GAUZE BANDAGE. DO NOT USE ANY ANTISEPTIC PREPARATION, OINTMENT OR HOME REMEDY. DO NOT BREAK THE BLISTERS. ANYTHING WORSE THAN THIS IS A THIRD DEGREE BURN AND SHOULD BE SEEN BY A PHYSICIAN.
5. How do you pick up broken glass?
SWEEP UP ALL THE PIECES, WRAP THEM IN SEVERAL THICKNESSES OF NEWSPAPER AND DISCARD THEM. ANY SMALL BITS THAT REMAIN SHOULD BE WIPED UP WITH DAMP PAPER TOWELS.
6. How do you wash sharp knives with wooden handles?
WHEN YOU WASH OR DRY A KNIFE, HOLD IT BY ITS HANDLE. WASH KNIVES SEPARATELY FROM DISHES. DO NOT PUT THEM IN THE HOT WATER WITH THE OTHER DISHES. YOU COULD CUT YOURSELF WHILE WASHING THE DISHES. THE SHARP EDGE SHOULD BE AWAY FROM THE HAND IN WHICH YOU ARE HOLDING THE DISH TOWEL. DO NOT LET THE KNIVES SOAK FOR LONG AS IT COULD RUIN THE HANDLES.
7. What are some items that could be used to put out a grease fire?
A LID, BAKING SODA, BAKING POWDER, SALT.

SAFETY/SANITATION=====***KEY--SAFETY MATCHES, continued***

8. How should you lift the lid of a pan on the range?
USE A DRY POT HOLDER. DO NOT USE A TOWEL. IF THE POT HOLDERS ARE WET, THE WATER MAY TURN TO STEAM AND BURN YOU. LIFT THE LID AWAY FROM YOU AT AN ANGLE SO THE STEAM FLOWS AWAY FROM YOU AND DOESN'T HIT YOUR FACE. REMEMBER, STEAM CAN BE MUCH HOTTER THAN A HOT LIQUID.
9. How do you use a sharp knife?
WHEN YOU HAND A KNIFE TO ANOTHER PERSON, ALWAYS BE SURE THE CUTTING EDGE IS AWAY FROM YOUR HAND--EXTEND THE HANDLE FOR THE OTHER PERSON TO GRASP. USE THE CORRECT SIZE AND TYPE OF KNIFE FOR EACH JOB. STORE KNIVES IN A SPECIAL RACK ASIDE FROM OTHER EQUIPMENT. NEVER USE A KNIFE TO OPEN A CAN OR JAR.
10. Which is safer to use--a dull knife or a sharp knife? Why?
A SHARP KNIFE IS SAFER TO USE. A SLIP WITH A DULL KNIFE CAN CAUSE MORE HARM THAN A SHARP KNIFE, BECAUSE YOU HAVE TO USE EXTRA PRESSURE TO CUT WITH IT.
11. In what kind of containers should you store household chemicals?
ALWAYS STORE CHEMICALS IN THEIR ORIGINAL CONTAINERS. DO NOT TRANSFER THEM TO FOOD OR OTHER CONTAINERS. KEEP THEM UP AND LOCKED UP, IF POSSIBLE, SO CHILDREN CANNOT GET INTO THEM.
12. Give some safety tips for using electrical appliances.
YOU SHOULD ALWAYS READ THE INSTRUCTION BOOKLET BEFORE USING THE APPLIANCE. WATER AND ELECTRICITY DO NOT MIX. NEVER USE AN ELECTRIC APPLIANCE SUCH AS A RADIO IF YOUR HANDS ARE WET. DO NOT USE AN APPLIANCE IF YOU ARE STANDING ON A WET FLOOR. NEVER CLEAN A WET FLOOR OR CARPET WITH A REGULAR VACUUM CLEANER.

HAVE APPLIANCES IN GOOD CONDITION. HAVE THEM REPAIRED, WHEN NECESSARY.

AVOID THE "ELECTRICAL OCTOPUS." DON'T PLUG TOO MANY APPLIANCE CORDS INTO ONE ELECTRIC OUTLET. IT COULD START A FIRE OR YOU COULD GET SHOCKED.

WHEN YOU PLUG IN A CORD, ALWAYS PLUG THE CORD INTO THE APPLIANCE FIRST, THEN, INTO THE OUTLET. TO DISCONNECT, GRASP THE PLUG AND PULL IT GENTLY FROM THE OUTLET; NEVER PULL ON THE CORD.

SAFETY/SANITATION =====***KEY--SAFETY MATCHES, continued***

KEEP ELECTRIC CORDS AWAY FROM ANY HEAT. KEEP THEM OUT OF THE WAY WHEN IN USE SO NO ONE TRIPS OVER THEM. DO NOT PLACE CORDS UNDER RUGS; THEY COULD WEAR OUT AND CAUSE A FIRE.

13. What kind of utensils are best for stirring on the range top?
WOODEN-HANDLED UTENSILS ARE BEST BECAUSE THEY DO NOT CONDUCT HEAT WELL AND WILL BE COOL TO USE.
14. What should you do if your clothes catch on fire?
IF YOUR CLOTHES CATCH ON FIRE, DROP TO THE GROUND AND ROLL IMMEDIATELY. IF A RUG OR BLANKET IS HANDY, WRAP UP IN IT. THIS WILL SMOTHER THE FIRE. NEVER RUN FOR HELP; THIS FEEDS THE FIRE.
15. Where do you place pan handles on the range top?
MAKE SURE THE COOKWARE HANDLES ARE NOT OVER OTHER ELEMENTS OR BURNERS. TURN THE HANDLES INWARD. OTHERWISE, SOMEONE CAN WALK BY AND KNOCK A POT OVER.
16. What should you do if you crack a glass?
THROW A CRACKED GLASS AWAY. SMALL PIECES OF GLASS COULD BE SWALLOWED OR COULD CUT YOUR HAND.
17. What should be used to help you reach high places?
TO REACH SOMETHING ON A HIGH SHELF, STAND ON A STURDY STEP STOOL OR STEP LADDER. DO NOT STAND ON A CHAIR OR BOX; IT COULD TIP OVER EASILY.
18. Where should household cleaners and medicines be stored?
STORE HOUSEHOLD CLEANERS WHERE CHILDREN CANNOT REACH THEM.
19. What do you do if you are in the bathtub and you get a phone call?
YOU SHOULD NEVER HANDLE AN ELECTRICAL APPLIANCE WHILE YOU ARE WET. GET OUT OF THE BATHTUB AND DRY OFF BEFORE YOU USE THE PHONE.
20. What should you use when slicing foods?
USE A CUTTING BOARD TO PROTECT COUNTERTOP SURFACES.
21. Where is it safe to set hot pans?
USE A SPECIAL SURFACE THAT WILL NOT BURN. COASTERS WILL PROTECT COUNTERTOPS.

SAFETY/SANITATION=====***KEY--SAFETY MATCHES, continued***

22. Give some safety hints for using an electric mixer.
ALWAYS INSERT THE BEATERS BEFORE PLUGGING IN THE MIXER. WHEN YOU SCRAPE THE SIDES OF THE BOWL WITH THE RUBBER SCRAPER, TURN THE MIXER OFF. NEVER PUT YOUR FINGERS IN THE BOWL OR NEAR THE BEATERS WHEN THE MIXER IS ON.
23. Give some safety hints for deep-fat frying.
BEFORE DEEP-FAT FRYING, DRY THE FOOD THOROUGHLY SO THAT THE WATER WILL NOT CAUSE THE FAT TO SPATTER. DO NOT FILL THE PAN TOO FULL OF FAT OR IT COULD SPILL OVER WHEN THE FOOD IS ADDED. USE A DEEP-FAT THERMOMETER TO MAKE SURE THE FAT DOES NOT OVERHEAT. USE TONGS TO REMOVE FOOD.
24. Falls are the most common kitchen accident reported in hospitals. Name some ways to prevent falls.
IF YOU SPILL SOMETHING ON THE FLOOR, WIPE IT UP RIGHT AWAY. USE A LADDER OR STEP STOOL TO REACH HIGH THINGS. IF THE FLOOR IS WET, DO NOT WALK ON IT. IF YOU HAVE SCATTER RUGS IN THE KITCHEN, MAKE SURE THEY HAVE NON-SKID BACKINGS SO THEY WILL NOT SLIDE WHEN STEPPED ON.
25. You have cut yourself badly and are bleeding heavily. How do you stop the bleeding?
SEVERE BLEEDING SHOULD BE STOPPED BY APPLYING DIRECT PRESSURE. PLACE A THICK PAD OF CLOTH OVER THE CUT AND HOLD IT DOWN WITH YOUR HAND. KEEP THE WOUND COVERED AND GET MEDICAL HELP, IF NECESSARY. A CUT OR WOUND THAT DOESN'T BLEED SEVERELY SHOULD BE CLEANED THOROUGHLY. APPLY A DRY STERILE GAUZE PAD OR CLEAN CLOTH.
26. Your younger sister has just swallowed some aspirins. You do not know exactly how many. What do you do?
CALL THE POISON CONTROL NUMBER IMMEDIATELY--L-800-662-0062. KEEP THE BOTTLE OF ASPIRIN HANDY, SO YOU CAN TELL THEM EXACTLY WHAT WAS SWALLOWED. SOMETIMES THE REMEDIES LISTED ON BOTTLES ARE NOT REALLY SAFE. IT IS BETTER TO CALL POISON CONTROL AND FIND OUT FOR SURE.
27. What are some good replacements for hot pads if you do not have any handy?
THERE ARE NO GOOD REPLACEMENTS FOR HOT PADS. DO NOT USE TOWELS. THEY ARE LARGE AND CAN TOUCH THE HOT SURFACE AND CATCH FIRE.

SAFETY/SANITATION===== ***KEY--SAFETY MATCHES, continued***

28. Name some safety hints for using high heat on the range top.
ALWAYS STAY CLOSE WHEN USING HIGH HEAT. PANS CAN HEAT UP QUICKLY AND CAN BOIL OVER OR EVEN MELT IF LEFT UNATTENDED.
29. What is an electric octopus?
AN ELECTRIC OCTOPUS OCCURS WHEN YOU PLACE TOO MANY PLUGS IN ONE OUTLET. THIS IS DANGEROUS BECAUSE IT COULD CAUSE AN ELECTRICAL SHORT OR A FIRE.
30. What kind of clothing should NOT be worn while working in the kitchen?
DO NOT WEAR LOOSE DANGLING JEWELRY OR LONG SLEEVES WHEN YOU COOK. THEY CATCH FIRE EASILY. IF YOUR HAIR IS LONG, TIE IT BACK.

Have students describe accidents in the kitchen that they have experienced or have seen. Could they have been prevented?

What do you think is the most common accident in the kitchen? More falls are reported by hospitals than any other accident. Most falls are caused by trying to reach high places without using a stool or by tripping on something.

The following are the categories of kitchen accidents:

1. Falls
2. Cuts
3. Burns
4. Household chemicals
5. Electrical shocks

SUMMARY QUESTIONS:

1. What kind of accidents are reported by hospitals more than any other?
FALLS
2. What is the best treatment for minor burns?
COLD WATER
3. Keep what substance away from electrical appliance to prevent shocks?
WATER

SAFETY/SANITATION-----INDIVIDUALIZED ACTIVITY

NAME _____ CLASS _____

SENSELESS SAL

This is a story about Senseless Sal and her daughter, Dina. As you read the story, write down the unhealthy practices that you find. (You should find at least twenty problems.)

(Senseless Sal is in the kitchen. Daughter Dina is in the backyard.)

Sal: Dina, stop playing with that dog and come in for lunch.

Dina: What are we having? Oh! Tuna salad, we had that last night for dinner. I put the leftovers away before I went to bed.

Sal: Wash your hands before you eat.

Dina: I don't have time. Patty is waiting for me.

Sal: Well, okay. I suppose a few germs never hurt anyone! Dina, will you get the chicken out of the freezer. If we leave it out on the counter while we go shopping, it should be defrosted by the time we get home.

Dina: Okay. Can I get a new pair of pants for the party Friday?

Sal: Well, if we have time. We will have to go to the grocery store first to make sure we have everything we need for the refreshments.

Dina: It's going to be a great party. Where does this mayonnaise go?

Sal: Just leave it there and we'll put it away when we get home. We've got to get going if we're going to get everything done. Oh, oh, the chicken is dripping on the floor. Oh well, we've got to go. (Senseless Sal and Dina enter the supermarket.)

Sal: Now, let me see. What do we need? Milk, pork chops and frozen broccoli. I'll get those first and then go through the store to see if there's anything else I need. (They push the carts through the aisles.)

Dina: Look at how funny this can of mushrooms looks. The two ends are pushed out.

Sal: Well, it's on sale and Dad loves them on pork chops. Throw it in the cart. Come on. We better hurry and check out. It's a hot day outside, but the department store will be air conditioned. I think we still have time to find you some new pants. (After two hours of shopping, Sal and Dina return home.)

SAFETY/SANITATION-----SENSELESS SAL, continued

Sal: I'll get that chicken cooking before I put these groceries away. Hand me the cutting board. I'll wipe it off as soon as I finish cutting up the chicken.

Dina: Then can we make some cookies?

Sal: Sure, you get out the ingredients. Did you wash off the counter? Oh, never mind, it looks clean and we're really going to have to hurry to have dinner ready before Dad gets home. Your hair is getting in the cookie dough!

Dina: Is this cracked egg okay to use? It's the last one in the carton.

Sal: It'll have to do, or we won't be able to make the cookies. Will you do the lunch dishes while I start the cookies?

Dina: Sure, Mom, but the water is cold. That hot water heater has really been acting funny lately.

Sal: That's okay. Just be sure you put lots of soap in it. Hurry and wipe out the bowl the chicken was in. I need it for the cookie dough.

Dina: Oh, oh, I dropped the bowl. At least it didn't break.

Sal: Hurry and hand it to me. I've got to get these cookies in the oven.

Dina: I want to eat the dough that's left in the bowl.

Sal: Okay. There, now the cookies are baking and I can get those groceries put away. Hand me the fresh tomatoes out of the grocery bag. I'll get them sliced up for dinner now.

Dina: What else are we going to have for dinner?

Sal: I guess we can have a quart of those home-canned green beans Grandma put up last summer. We better eat this one first; the lid seems to be leaking.

Dina: Dry your hands off with this towel and then dry this pan so I can use it for the beans.

Dina: The cookies are done.

Sal: Good, Dad should be home soon. He had to go to the doctor this afternoon. He had bad stomach cramps and diarrhea again. I guess a weak stomach runs on your father's side of the family.

SAFETY/SANITATION-----***KEY***

SENSELESS SAL--KEY

1. Dina didn't put the dinner leftovers away immediately after eating.
2. Dina didn't wash her hands before lunch.
3. The chicken was left out on the counter to defrost.
4. Mayonnaise was left out after being used and not refrigerated.
5. They didn't clean up the spill immediately.
6. Refrigerated or frozen items should be purchased last at the supermarket.
7. They purchased mushrooms in a bulging can.
8. They went to the department store after the supermarket, leaving foods that should have been refrigerated in the hot car.
9. They used the cutting board without washing it.
10. They started dinner before putting away the groceries.
11. The counter wasn't washed off before using it.
12. A cracked egg was used in the cookies.
13. Lunch dishes were not done until dinner time.
14. Dishes were washed in cold water.
15. The bowl that contained the chicken was only rinsed out in cold water before using it.
16. The bowl was dropped on the floor and then not washed before it was used.
17. Dina eats the cookie dough out of the bowl the chicken was in.
18. They didn't wash the fresh tomatoes before slicing them.
19. They use the home canned green beans with a leaking lid.
20. Dina dried her hands with the same towel she used to dry the dishes.

SAFETY/SANITATION-----INDIVIDUALIZED ACTIVITY

NAME _____ CLASS _____

DISH WASHING CHECKUP

DIRECTIONS: On your own paper number from 1 to 20. Label each statement as True or False. Write out the entire word. Remember, if any part of a statement is FALSE, it should be labeled FALSE.

- _____ 1. Soak all pots for a long time to get them clean.
- _____ 2. Usually the dish washing process should move from right to left, except for left-handers.
- _____ 3. The first item to be cleaned in hot, soapy water is glassware.
- _____ 4. Soak wooden salad bowls to improve their luster.
- _____ 5. Store dish soap and cleaning tools near the sink.
- _____ 6. Always use the hottest water your hands can stand for washing and rinsing dishes.
- _____ 7. Soak dishes that contained candy, syrup, grease or rice in hot, soapy water.
- _____ 8. A rubber scraper is a great tool for removing food before beginning the washing process.
- _____ 9. Always set clean and dried dishes as close to the area as possible where they will be put away.
- _____ 10. It is not necessary to prepare dishes for washing if you have a dishwasher.
- _____ 11. The last items to be washed are usually the pans.
- _____ 12. A tray is a handy tool for moving dishes quickly from the table to the dish washing area.
- _____ 13. Hot water can be a shattering experience for ice cold glassware.
- _____ 14. Store china, silverware and glassware as closely as possible to the range.

15-20. LIST THE SIX STEPS FOR CORRECTLY WASHING DISHES.

SAFETY/SANITATION-----***KEY***

DISH WASHING CHECKUP--KEY

- ___FALSE___ 1. Soak all pots for a long time, to get them clean.
- ___TRUE___ 2. Usually the dish washing process should move from right to left, except for left-handers.
- ___TRUE___ 3. The first item to be cleaned in hot, soapy water is glassware.
- ___FALSE___ 4. Soak wooden salad bowls to improve their luster.
- ___TRUE___ 5. Store dish soap and cleaning tools near the sink.
- ___TRUE___ 6. Always use the hottest water your hands can stand for washing and rinsing dishes.
- ___FALSE___ 7. Soak dishes that contained candy, syrup, grease or rice in hot, soapy water.
- ___TRUE___ 8. A rubber scraper is a great tool for removing food before beginning the washing process.
- ___TRUE___ 9. Always set clean and dried dishes as close to the area as possible where they will be put away.
- ___FALSE___ 10. It is not necessary to prepare dishes for washing if you have a dishwasher.
- ___TRUE___ 11. The last items to be washed are usually the pans.
- ___TRUE___ 12. A tray is a handy tool for moving dishes quickly from the table to the dish washing area.
- ___TRUE___ 13. Hot water can be a shattering experience for ice cold glassware.
- ___FALSE___ 14. Store china, silverware and glassware as closely as possible to the range.

15-20. LIST THE SIX STEPS FOR CORRECTLY WASHING DISHES.

15. SCRAPE PLATES AND PANS.
16. RINSE, IF NEEDED.
17. STACK DISHES.
18. WASH IN HOT WATER.
19. RINSE IN HOT WATER.
20. DRY WITH A CLEAN TOWEL OR AIR DRY.

TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST

Name _____

Class _____

SAFETY TEST**TRUE OR FALSE**

- | | | |
|------|-------|--|
| TRUE | FALSE | 1. Clean up spills after you have finished preparing a meal. |
| TRUE | FALSE | 2. A sharp knife is less dangerous than a dull one. |
| TRUE | FALSE | 3. When slicing foods, slice them on a cutting board. |
| TRUE | FALSE | 4. Use a strainer to clean broken glass out of food. |
| TRUE | FALSE | 5. Pan handles should be turned toward the center of the range when cooking. |
| TRUE | FALSE | 6. Direct steam away from your body when lifting up a lid. |
| TRUE | FALSE | 7. It is okay to plug in appliances when your hands are wet. |
| TRUE | FALSE | 8. Use cold water to smother a grease fire. |
| TRUE | FALSE | 9. Put cold water in hot pans to soak the burned-on food. |
| TRUE | FALSE | 10. Check the racks in the oven before turning it on. |
| TRUE | FALSE | 11. Putting cold water on a minor burn is the best treatment. |
| TRUE | FALSE | 12. Steam does not burn the skin. |
| TRUE | FALSE | 13. Store a half-full jar of mayonnaise on the shelf. |
| TRUE | FALSE | 14. Disconnect electrical appliances carefully by pulling on the cord. |
| TRUE | FALSE | 15. When peeling vegetables, cut away from the body. |
| TRUE | FALSE | 16. Whenever possible, use a metal spoon for stirring foods being cooked on the range. |

TEST - TEST - TEST - TEST - TEST - TEST

SAFETY TEST, continued

- | | | | |
|------|-------|-----|--|
| TRUE | FALSE | 17. | If your clothes catch on fire, run to the fire extinguisher as quickly as possible |
| TRUE | FALSE | 18. | A wet potholder works as well as a dry one. |
| TRUE | FALSE | 19. | Do not set hot pans on the counters. |
| TRUE | FALSE | 20. | Keep drawers and cupboards closed when not in use. |
| TRUE | FALSE | 21. | Buy frozen foods which have water stains on them. |
| TRUE | FALSE | 22. | Allow foods to come to room temperature before storing them in the refrigerator. |
| TRUE | FALSE | 23. | Use baking soda to smother a fire. |
| TRUE | FALSE | 24. | Inspect packages as you shop to be certain they are tightly sealed. |
| TRUE | FALSE | 25. | Rinse dishes with cool water. |

TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST

KEY

SAFETY TEST--KEY

- | | | |
|-------|-----|--|
| FALSE | 1. | Clean up spills after you have finished preparing a meal. |
| TRUE | 2. | A sharp knife is less dangerous than a dull one. |
| TRUE | 3. | When slicing foods, slice them on a cutting board. |
| FALSE | 4. | Use a strainer to clean broken glass out of food. |
| TRUE | 5. | Pan handles should be turned toward the center of the range when cooking. |
| TRUE | 6. | Direct steam away from your body when lifting up a lid. |
| FALSE | 7. | It is okay to plug in appliances when your hands are wet. |
| FALSE | 8. | Use cold water to smother a grease fire. |
| FALSE | 9. | Put cold water in hot pans to soak the burned-on food. |
| TRUE | 10. | Check the racks in the oven before turning it on. |
| TRUE | 11. | Putting cold water on a minor burn is the best treatment. |
| FALSE | 12. | Steam does not burn the skin. |
| FALSE | 13. | Store a half-full jar of mayonnaise on the shelf. |
| FALSE | 14. | Disconnect electrical appliances carefully by pulling on the cord. |
| TRUE | 15. | When peeling vegetables, cut away from the body. |
| FALSE | 16. | Whenever possible, use a metal spoon for stirring foods being cooked on the range. |

TEST - TEST - TEST - TEST - TEST - TEST - TEST

KEY--SAFETY TEST, continued

- FALSE 17. If your clothes catch on fire, run to the fire extinguisher as quickly as possible
- FALSE 18. A wet potholder works as well as a dry one.
- TRUE 19. Do not set hot pans on the counters.
- TRUE 20. Keep drawers and cupboards closed when not in use.
- FALSE 21. Buy frozen foods which have water stains on them.
- FALSE 22. Allow foods to come to room temperature before storing them in the refrigerator.
- TRUE 23. Use baking soda to smother a fire.
- TRUE 24. Inspect packages as you shop to be certain they are tightly sealed.
- FALSE 25. Rinse dishes with cool water.

Name _____

Class _____

HOME SAFETY CHECKLIST

DIRECTIONS: Survey your kitchen at home and answer the following questions.

- | | | |
|-----|----|---|
| YES | NO | 1. Is a ladder or step-stool nearby for reaching out-of-the way items? |
| YES | NO | 2. Do you have a fire extinguisher in good working condition or a substitute (such as baking soda) handy? |
| YES | NO | 3. Is the floor free from loose flooring or tiles and do rugs have rubber or skid-free backing? |
| YES | NO | 4. Are pets fed away from the food preparation area? (range, refrigerator, counters, sink) |
| YES | NO | 5. Do you have a designated escape plan in case of fire? |
| YES | NO | 6. Are emergency phone numbers in a location known by all family members? |
| YES | NO | 7. Are flammable items and electric cords kept away from the range top? |
| YES | NO | 8. Are the range and hood free from grease, soil and burned-on food? |
| YES | NO | 9. Are frozen foods defrosted in the refrigerator or in the microwave rather than on the countertop? |
| YES | NO | 10. Is food stored in airtight (nonporous) containers? |
| YES | NO | 11. Is the freezer free from excessive ice buildup? |
| YES | NO | 12. Are drain cleaners and household chemicals stored in their original containers? |
| YES | NO | 13. Are medicines and household chemicals stored out of the reach of children? |
| YES | NO | 14. Do you turn off the power switch before unjamming objects from the garbage disposal? |
| YES | NO | 15. Are household chemicals stored away from food items? |

SAFETY/SANITATION**HOME SAFETY CHECKLIST, continued**

- YES NO 16. Are cabinet contents arranged so items do not fall out when the doors are opened?
- YES NO 17. As a rule, are cabinet doors and drawers closed when not in use?
- YES NO 18. Are canned food items on the shelves free from bulges, dents and rust?
- YES NO 19. Are cabinets free from roaches and other insects?
- YES NO 20. Are knives kept sharp?
- YES NO 21. Are scratched, cracked, chipped glasses, cups and serving dishes thrown away?
- YES NO 22. Are worn or frayed cords on appliances thrown away or repaired?
- YES NO 23. Are no more than two appliances plugged into the same electrical outlet?
- YES NO 24. Are appliances operated away from the sink and range so that cords do not come in contact with water?
- YES NO 25. Are matches stored out of the reach of children?
- YES NO 26. Are all cookware handles turned away from the front of the range?
- YES NO 27. Are all extension cords in the open--not under rugs, over hooks or through door openings?
- YES NO 28. Are curtains placed so they will not blow over stoves and heating equipment?
- YES NO 29. When baby-sitters are in your home, do they know what to do in case of fire?
- YES NO 30. Do you know how to turn off a fire alarm?

ADD UP YOUR TOTAL SCORES: YES _____ NO _____

Try to get any problems corrected as quickly as possible. They could mean serious trouble for your family!!!

PARENT'S SIGNATURE _____