

Keeping the Kitchen Safe

Overview: Youth will be introduced to their kitchen space and learn about kitchen safety with an emphasis on safe knife usage.

Subject area: Kitchen Safety

Grade level: 6-8

Oregon Benchmarks/Common Core Standards:

Grades 6-8

Strand - PROMOTION OF HEALTHY EATING

- Understand health risks of improper food handling.
- Share proper food preparation and storage practices with others
- Advocate for proper food preparation and storage practices in the home

Objectives: Youth will know basic kitchen safety and demonstrate safe food preparation skills.

Prep time: 1 hour

Lesson time: 15 minutes

Materials needed:

- Laminated Cooking Safety Cards (see below)
- Large tri-fold poster board
- Sticky-tack or sticky-backed Velcro
- White or chalk board

Space needed: Functional kitchen space

Staff needed:

- 1 Instructor
- 1 Volunteer per group of 2-4 youth (optional)

Preparation steps: Print and laminate safety cards

Pre-test of knowledge:

1. With the whole group, have youth share what they know about kitchen and knife safety
2. Write down their ideas on the white board

Presentation Steps:

1. Introductions
 - a. If you have volunteers available, you can divide youth into small groups of 2-4 and assign one volunteer to each group.

2. Discussing kitchen safety: discuss the kitchen safety techniques written on the whiteboard and supplement the discussion with additional topics as needed. Topics should include:
 - a. General Safety:
 - i. Roll up sleeves and pull back long hair
 - ii. Wear closed-toed shoes
 - b. Hand Washing
 - i. Before you start preparing a recipe
 - ii. Wash hands twice after using the restroom or touching your face, eyes or mouth
 - c. Oven Safety:
 - i. Alert group members that you are opening the oven
 - ii. Move slowly and carefully when taking hot food out of the oven
 - iii. Always use oven mitts on both hands
 - d. Stove Safety:
 - i. Be aware of hot surfaces and pan handles – alert your group when you are turning on the stove or moving a hot dish from one area to another
 - ii. Open hot pots and pans with the lids facing away from you to avoid steam burns
 - iii. Pour liquids away from you when draining pasta or other food cooked in water
 - iv. Before washing a pot or pan that was used with hot oil or fats, wait for the pan to cool completely
 - e. Electrical Equipment Safety:
 - i. Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers
 - ii. Make sure the cord stays on a dry surface and out of the water
 - f. Sanitation:
 - i. Wash/disinfect surfaces and cutting boards after they have come in contact with eggs or meat
 - ii. Always wash your hands twice right away when you have touched egg or raw meat before you touch anything else
 - g. Knife and Sharp Utensil Safety:
 - i. When using knives and graters focus on your task
 - ii. Curl fingers under in a “claw” while holding items to be cut in order to reduce injuries
 - iii. Alert the group that you are walking with a knife or sharp object. Walk carefully and be sure to point the blade down and hold it away from your body
 - iv. Always use a cutting board when you are working with knives, and always place a damp washcloth beneath the board to prevent movement and sliding
 - v. Wash knives as soon as you are done; leaving them in the sink can be dangerous
3. Demonstrate safe knife use
 - a. Ask youth if they have any questions
 - b. Have youth practice safe chopping
 - c. Safety tips will be placed on tri-fold poster board at front

Notes:

This is a great lesson to follow up with a recipe that requires lots of chopping, and a variety of cooking methods so that all students have a chance to practice/demonstrate the skills discussed.

Suggested Theme: Food and Culture of Mexico

1. Present students with a few small cultural artifacts (i.e. money, flag, map, piece of clothing, cultural game).
2. Present students with different books about the culture, cooking or language.
3. Have each group find an interesting cultural fact in one of the books to present to the rest of the group. (Write down these cultural facts on a board in the room)
4. Name a few foods that grow well in the climate of the country, and are thus very popular foods eaten there.
5. Have students name some Mexican dishes they have already heard of.
6. Highlight some of the ingredients that are provided, pointing out some that are familiar and others that are new or rare.
7. Present the recipes and have students place recipes in plastic sleeves.
8. Have groups sit down and read through their recipes before they begin cooking.
9. Allow students to begin cooking, give them a suggested order for preparation.

Recipe Ideas:

- Homemade corn tortillas – Can bake some into chips!
<http://allrecipes.com/recipe/corn-tortillas/>
- Mexican Rice (healthy tip: use brown rice)
<http://www.lacocinadeleslie.com/2009/05/mexican-rice.html>
- Pico de Gallo
<http://www.thekitchn.com/how-to-make-pico-de-gallo-salsa-fresca-cooking-lessons-from-the-kitchn-25757>
- Refried beans
<http://www.slenderkitchen.com/quick-refried-beans/#>

Safety Cards

TALKING TO KIDS ABOUT COOKING SAFETY: BEFORE YOU GET STARTED

- Always listen for directions, read the recipes together and discuss what you need
- Wash your hands before cooking or handling food
- Tie back long hair and roll up sleeves



TALKING TO KIDS ABOUT COOKING SAFETY: WHEN USING THE STOVE

- Be aware of hot surfaces and pan handles
- Open hot pots and pans with the lids facing away from you to avoid steam burns
- Don't use metal spoons to stir food in hot pans: the metal can get really hot!
- Pour liquid away from you when draining pasta or other food cooked in water



TALKING TO KIDS ABOUT COOKING SAFETY: WHEN USING THE OVEN

- Always use 2 dry oven mitts when taking dishes out of the oven or touching hot pan handles
- Make sure all group members are aware and safely out of the way before opening the oven
- Move slowly and carefully when putting things in and taking things out of the oven



TALKING TO KIDS ABOUT COOKING SAFETY: WHEN USING KNIVES AND SHARP TOOLS

- When using knives and graters stay focused on what you are doing
- Walk carefully when carrying knives or other sharp objects and be sure to point the blade down and away from you
- Always use a cutting board when you are working with knives
- Wash knives as soon as you are done using them; leaving them in the sink can be dangerous



TALKING TO KIDS ABOUT COOKING SAFETY: WHEN USING ELECTRIC APPLIANCES

- Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers.
- Make sure the cord stays on a dry surface and out of the water.



TALKING TO KIDS ABOUT COOKING SAFETY: SANITATION

- Wash/disinfect surfaces and cutting boards after they have come in contact with eggs
- Always wash your hands right away when you have touched egg before you touch anything else

