

Keeping the Kitchen Safe

Overview: Children will be introduced to their kitchen space and will be given a lesson in kitchen safety.

Subject area: Kitchen Safety

Grade level: K-5th

Oregon Benchmarks/Common Core Standards:

Grades K-3

- Strand - PREVENTION AND CONTROL OF DISEASE –
 - Demonstrate strategies for effective personal health care.
- Strand - PROMOTION OF HEALTHY EATING
 - Recognize how to keep food safe through proper food preparation and storage practices
 - Demonstrate safe preparation and food storage practices

Grades 4-5

- Strand - PREVENTION AND CONTROL OF DISEASE –
 - Demonstrate effective health care practices
- Strand - PROMOTION OF HEALTHY EATING
 - Identify how to keep food safe for consumption

Objectives: Participants will be able to demonstrate kitchen safety and safe food preparation skills

Prep time: 1 hour

Lesson time: 15 minutes

Materials needed:

- Laminated safety cards (see below)
- Large tri-fold poster board
- Tape

Space needed: Functional kitchen space for 4-6 work groups

Staff needed: 1

Preparation steps: Print and laminate safety cards

Presentation Steps:

1. Ask children what they know about kitchen safety. Have children share their knowledge and experience with the group.
2. Divide children into small groups of 2-4 and assign one volunteer to each group.
3. Assign 1-2 safety topics on the laminated safety cards for each group to discuss for a few minutes.

4. Safety topics include:
 - i. Hand washing:
 1. Before you start preparing a recipe
 2. Whenever you return to the kitchen after visiting the bathroom
 - ii. Oven Safety:
 1. Announce to group members when you are opening the oven.
 2. Move slowly and carefully when taking things out of the oven.
 3. Always use 2 oven mitts!
 - iii. Stove Safety:
 1. Be aware of hot surfaces and pan handles
 2. Open hot pots and pans with the lids facing away from you to avoid steam burns
 3. Don't use metal spoons to stir food in hot pans: the metal can get really hot!
 4. Pour liquid away from you when draining pasta or other food cooked in water
 - iv. Safely using knives and sharp tools:
 1. When using knives and graters stay focused on what you are doing
 2. Walk carefully when carrying knives or other sharp objects and be sure to point the blade down and away from you
 3. Always use a cutting board when you are working with knives
 4. Wash knives as soon as you are done using them; leaving them in the sink can be dangerous
 - v. Safely using Electrical Equipment:
 1. Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers.
 2. Make sure the cord stays on a dry surface and out of the water.
 - vi. Safety and Sanitation:
 1. Wash/disinfect surfaces and cutting boards after they have come in contact with eggs
 2. Always wash your hands right away when you have touched egg before you touch anything else
5. Each group will share their safety tip(s) with the rest of the children, discuss why it is important and demonstrate how to safely perform the task.
6. Tape safety cards to tri-fold poster board at front.

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

