

Activity

Create a bulletin board entitled, *Tips to Prevent Burns and Fires in the Kitchen*.

Discuss

Hold a class discussion about how to prevent falls and other accidents in the kitchen.

When you work in the kitchen, you may be busy preparing food. You must, however, pay attention to safety and sanitation no matter how busy you are. Otherwise, the health and safety of everyone who uses the kitchen, or consumes food prepared in the kitchen, may be in danger. **Sanitation** is the process of making conditions clean and healthy.

Safety

Burns, fires, falls, cuts, and poisonings are the most common types of kitchen accidents. They can be prevented by following these guidelines.

Burns and Fires

It is important to be very careful when cooking food. Following are tips for preventing burns and fires in the kitchen:

- Turn the handles of pots and pans so they cannot be knocked or pulled over.
- Use dry, clean potholders to handle hot kitchen tools. See 9-4.
- Lift pot and pan lids away from you.
- Do not reach over open flames, hot burners, or steaming pans.
- Never leave food cooking on the cooktop unattended.
- Use appliances according to the use-and-care manual.
- Use low to medium heat when cooking. This prevents boilovers, burnt food, and fires.
- If a fire starts in a burning pan, smother it with a baking sheet or a pan lid. Slide the baking sheet over the pan or place the lid with a thick, dry, flame-resistant oven mitt. Turn off the heat and let the pan cool.
- Never put water on a kitchen fire.



9-4

Oven mitts can protect you when you are removing hot pans from the oven.

Falls

Falls are the most common accident in the home. To help prevent them from happening in the kitchen, use the following hints:

- Wipe up spills right away.
- Use a sturdy step stool when reaching for objects from high shelves or cabinets.
- Make sure rugs have nonskid backings.
- Keep kitchen traffic areas free from objects that may block them.

Cuts

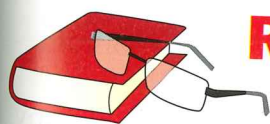
To prevent yourself from getting cut while in the kitchen, keep the following guidelines in mind:

- Carefully wash sharp knives one at a time.
 - Keep knives sharp. Dull knives are not as safe as sharp knives.
 - Always cut away from yourself.
 - Use a cutting board for cutting and slicing.
 - Store knives away from other utensils.
 - Keep fingers away from blender and food processor blades.
 - Do not put hands in the garbage disposal to try to dislodge food.
 - Sweep broken glass on a piece of paper or cardboard to throw away.
- Use a damp paper towel to wipe up tiny slivers.

Poisonings

Some poisonings can be fatal. The following are a few tips for preventing poisonings in the kitchen:

- Keep all medicines, cleaning supplies, and other household chemicals away from food storage areas.
 - Keep food out of the way when spraying with chemical cleaners.
- Wash all work surfaces with hot, soapy water when you are finished spraying.



Reading Review

1. Why should you never put out grease fires with water? How should you extinguish them?
2. Why should you wash sharp knives one at a time?

Sanitation

Having a sanitary kitchen is important because it prevents foodborne illness. **Foodborne illness** is sickness caused by a harmful substance not meant to be in food. Examples include some chemicals and certain viruses, molds, and bacteria. To prevent foodborne illness, choose wholesome food and handle it with clean hands on clean work surfaces.



Think Green

Green Kitchen Cleaners

You can use common household products, such as table salt and baking soda, as inexpensive and nontoxic kitchen cleaners. For instance, combine about three tablespoons salt with one cup of boiling water to remove tough baked-on food stains in casserole dishes. Leave the mixture in the dish until the water is cool. Then wash as usual. You can use baking soda to clean counters as well as eliminate odors in the refrigerator or microwave.

Vocabulary

Think about the words *safety* and *sanitation*. With a partner, make a list of all the accidents that could result in the kitchen if enough attention is not paid to implementing safety measures. Which illnesses might result if you ignore sanitation guidelines?

Activity

List all the medicines, cleaning supplies, and any other household chemicals that could be poisonous for children. Describe how to safely store them.

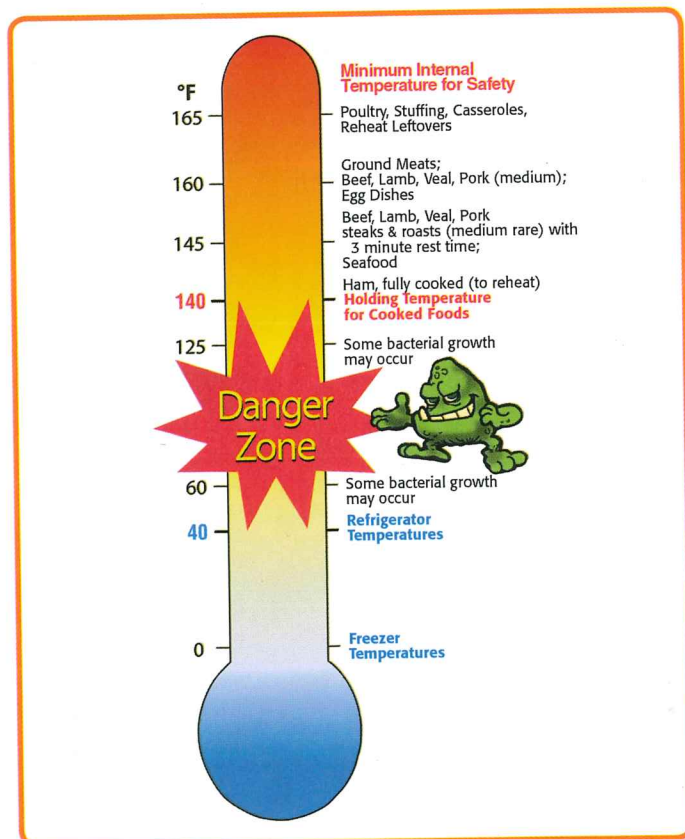
Enrich

Invite the school nurse to class to discuss the various common *foodborne illnesses* and how to recognize symptoms.



USDA/FSIS

9-5 These are the important steps to food safety.

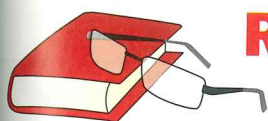


USDA/FSIS

9-6 Use these guidelines to cook foods to the proper temperature. Keep foods out of the temperature danger zone to prevent growth of harmful bacteria.

The *Fight BAC* program is designed to remind consumers about the dangers of foodborne illness. The program focuses on four steps that can prevent the spread of harmful bacteria in the kitchen—*clean, separate, cook, and chill* foods properly. See 9-5. The program is sponsored by government agencies and food groups concerned about food safety. To help keep your kitchen sanitary, always follow these procedures:

- Wash your hands before handling food.
- If you handle unsanitary items, wash your hands again before touching food.
- Wash your hands after coughing, sneezing, blowing your nose, or going to the bathroom.
- Wear rubber gloves to protect any cuts on your hands.
- Keep your hands away from your face and hair.
- If your hair is long, keep it pulled back.
- Use only clean kitchen tools, containers, and work surfaces.
- Use one spoon for tasting and another for stirring.
- Separate raw meat, poultry, and seafood from other foods during grocery shopping and in the refrigerator. Raw meat can contain the most harmful bacteria.
- Wash cutting boards with hot, soapy water after each use to prevent the spread of bacteria from raw foods to cooked foods.
- Thoroughly wash fresh fruits and vegetables with cool water.
- Thaw meat and poultry in the refrigerator.
- Keep hot foods hot and cold foods cold.
- Cook foods thoroughly. See 9-6.
- Use separate towels for drying dishes and drying hands.



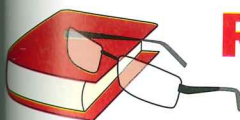
Reading Review

1. What are the four steps of the Fight BAC program? Give examples of each.
2. Why should you make sure your hands are kept clean?
3. Why should hot foods be kept hot and cold foods kept cold?

Cleaning Up

After a meal is over, clean the kitchen right away. A clean kitchen helps prevent the spread of bacteria. You can keep your tools, dishes, and appliances clean by following these guidelines:

- Repackage any unused food that does not need refrigeration.
- Store leftovers in tightly covered containers in the refrigerator immediately. Otherwise, the food may spoil.
- If you do not have an automatic dishwasher, wash dishes with dish detergent and hot water.
- Wash dishes in the following order: glasses, flatware, cups, plates, bowls, serving dishes, pots, and pans.
- Rinse dishes thoroughly with hot water to remove all bacteria and traces of detergent.
- Air dry dishes instead of towel drying them. Towel drying can spread bacteria.
- Place food waste in the garbage disposal, compost bin, or covered garbage container.
- Clean the sink and areas around the faucets, drains, and under the sink to get rid of grease and pieces of food. These can cause odors and produce bacteria.
- After washing the dishes, clean the table, countertops, and cooktop. See 9-7.
- Sweep the floor daily and mop it on a regular basis.



Reading Review

1. How can you prevent the spread of foodborne illnesses? Give examples.
2. In what order should you wash your dishes?

Research

The U.S. Department of Health and Human Services' food safety website has information on every aspect of safe food handling and storage to reduce the risk of contamination. Have students research the website and write a paragraph about one of the ways they found on the site to prevent food poisoning and contamination in the home.

Discuss

Why should the employees in restaurants wear plastic or rubber gloves and hair coverings?



9-7

Clean the sink and countertops daily with a good cleanser. Avoid harsh cleansers that may scratch the surfaces.



Safety Link

Proper Handling of Take-Out Foods

If you plan to purchase take-out foods for a picnic, eat them within two hours of pickup. This applies to foods such as fried chicken or barbecued meat. Otherwise, buy cooked foods ahead of time to chill before packing them in a cooler. You *must* keep foods with mayonnaise, such as potato salad, cold at all times. Bacteria grow readily in foods like potato salad or pies that contain eggs or dairy products.

Activity

List foods for bag lunches that would not require refrigeration. List the foods that would require refrigeration to be safe to eat. Are insulated lunch bags in lockers for four hours a good substitute for a refrigerator?

Discuss

Discuss perishable and nonperishable foods. Explain there are almost always nonperishable alternatives for perishable items, such as powdered milk and canned meats. Which foods might be on a community's food drive wish list?

Discuss

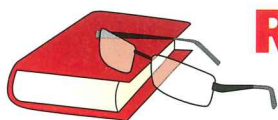
When cooking hamburgers at home, describe the interior color of properly cooked meat. If the color is pink, what does this mean? What are the dangers from eating hamburgers that are not cooked long enough?

Safe Food to Go

For bag lunches, picnics, or celebrations away from home, food must be kept safe for eating. This is necessary to prevent foodborne illnesses. First, you must handle and cook the food safely at home. Keep *perishable foods*, meaning those that will spoil, refrigerated until it is time to leave home. Then you must keep perishable food cold during transport and until eaten. Use the kind of containers that are designed to keep foods cold.

Some people like to take frozen, uncooked hamburger patties to a picnic. This helps keep them cold until cooking time. At the picnic, be sure to grill each burger according to the USDA recommendations. Make sure you bring the right-sized cooler and enough ice for those foods that need refrigeration.

Picnics are fun, but it is important to prevent foodborne illnesses that might result from picnic food. When taking food on a picnic, try to plan just the right amount of perishable foods to take. When it is all eaten, you will not have to worry about the storage or safety of leftovers.



Reading Review

1. What is important to remember when preparing food at home to take for a school lunch, picnic, or family celebration?
2. Name five picnic food items that would need refrigeration.

Section Summary

- A safe and sanitary kitchen protects everyone who uses it from accidents and illness.
- When you follow safety guidelines, you can prevent burns, fires, falls, cuts, and poisonings.
- Separate raw meat, poultry, and seafood from other foods during grocery shopping and in the refrigerator. Raw meat can contain the most harmful bacteria.
- For bag lunches, picnics, or celebrations away from home, plan ahead to keep food safe.