

# Kitchen Safety and Hygiene



## **What is Kitchen Safety?**

Cooking is fun but it is very important we know how to be safe. Do you know when you should ask an adult for help, what to do before you start cooking and how to be safe in the kitchen? Here are 10 important rules to follow.

- Always ask permission before you start cooking.
- Never use knives with wet hands as it can make you drop them.
- Never try to catch a falling knife, you may cut yourself.
- Keep preparation areas tidy and neatly prepare all your ingredients before you start to cook so that there is nothing to cause accidents.
- Always use oven gloves when handling hot pots and pans or baking trays.
- Make sure that saucepan handles are turned in so they do not hang over the side of the cooker.
- Wear sensible footwear so that if anything drops you won't hurt your feet.
- If something is spilled onto the floor clean it up straight away to prevent slips and falls.
- Don't put electrical equipment near to water.
- Always ensure kitchen cleaning products are well labelled and locked away.

## **What is Food Hygiene?**

The good practices which lead to clean workplaces and the safe production of food.

### **What does it involve?**

- 1.) Personal Hygiene
- 2.) Cleaning and disinfecting
- 3.) Preventing any bacteria multiplying
- 4.) Destroying any harmful bacteria by cooking

Here are 5 basic rules to follow

- Never lick spoons and reuse them without cleaning them first because this will spread germs.
- Always tie long hair back so that it does not fall into food and spread germs.
- Always wash hands before preparing food.
- Never store cooked meat with raw meat as it may cause cross-contamination.
- Don't allow pets into the kitchen while cooking.

## **Activities**

**Answer the following questions:**

### **Task One:**

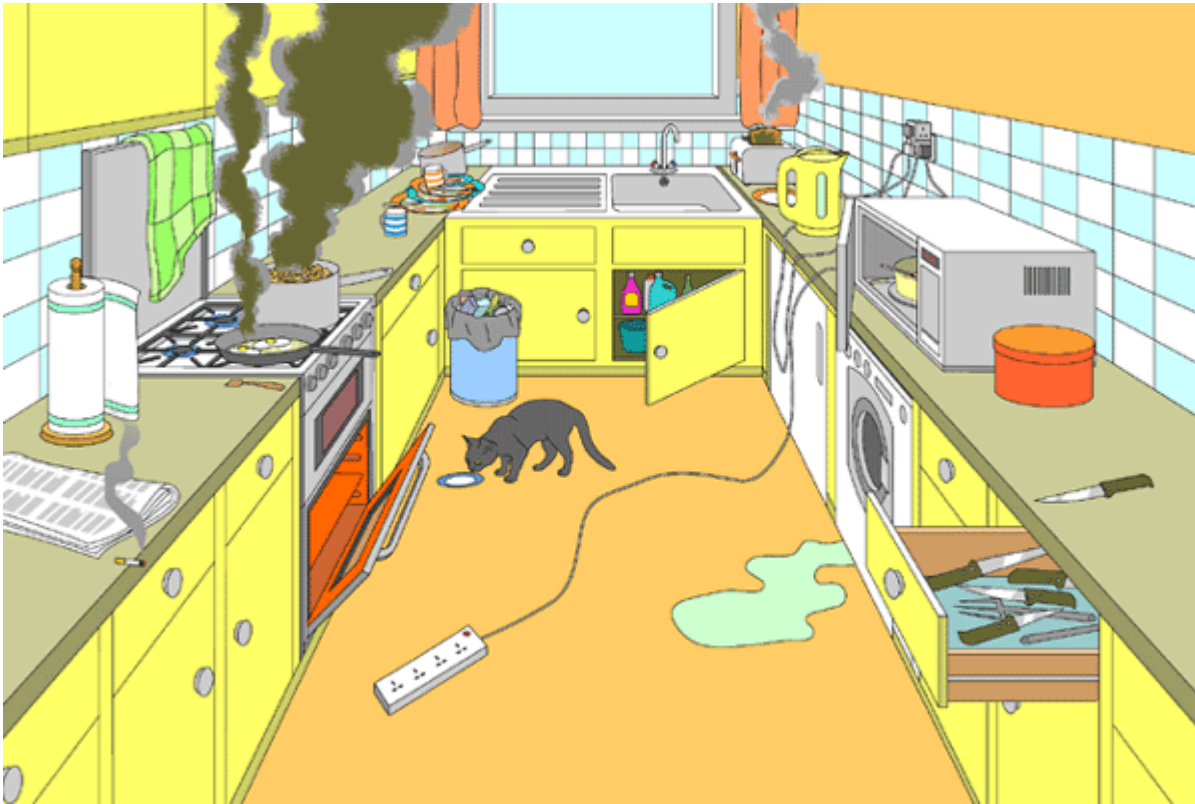
**Directions:** Look at the following sentences. State whether each is "safe" or "unsafe". For those that are unsafe, explain why.

1. Janet pulled her long hair out of her face and up into a ponytail before she started cooking.
2. Kimberly started preparing dinner while wearing jandles.
3. Sonia finished washing her hands and went immediately back to chopping the vegetables. Since her hands were wet, she dropped the knife and tried her best to keep it from cutting her foot or hitting the floor.
4. Peter went to the bathroom and washed his hands immediately upon re-entering the kitchen before he began his food preparation.
5. Robert had only put the roast in the oven for about 5 minutes and decided to take it out quickly with his hands to finish seasoning it.
6. Steve always remembers to turn the pan handles toward the back of the stove while cooking.
7. Chloe immediately stopped what she was doing to clean up a spill on the floor.
8. Chris made sure to unplug all electrical appliances before starting to wash dishes.

**Task Two:**

Look at the following picture.

Underneath list any hazards or hygiene issues that can be seen in the picture. Explain why each is unsafe.



**Answers:**