**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BLOCK \_\_\_\_\_\_ UNIT \_\_\_\_\_\_**

**Kitchen Safety and Sanitation in the Foods Lab**

\*\*\*IF YOU GET AN INJURY DURING CLASS TIME, REPORT IT AT ONCE TO THE TEACHER, EVEN IF YOU THINK YOU MIGHT BE ALRIGHT\*\*\*

**Earthquake**If an earthquake should occur, the following procedures are to be taken:

* Take cover \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a desk or table.
* Face \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from windows.
* Assume "crash position".
* Exit the room when safe, stay in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and keep away from the school.

**Fire Drill**When the fire alarm sounds:

* Turn \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stove elements, the oven, and all equipment.
* Move quickly and quietly from the room to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Stay in the group away from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Fire in the Classroom**

1. Fire inside the oven:
	1. Turn off the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, shut the oven door and the fire will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
2. Fire in a frying pan on top of the stove:
	1. Cover immediately with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and turn off the element.
	2. Sprinkle with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to extinguish flames. This is located in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . (Answer from teacher.)
3. Electrical fire:
	1. Use fire extinguisher located \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . (Answer from teacher.)
	2. Do not pour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on it or the fire will spread.
4. Clothing fire:
	1. If clothing catches fire, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_.
	2. Lab partner or teacher should smother flames with a heavy coat.

**In Case of Burns**

* If you burn yourself, rinse the burnt area under \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to take away the sting.
* Ask partner to inform teacher that you have burnt yourself.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10 minutes | drop | lid | stop | water |
| away | exit | off | running | under |
| baking soda | extinguish | oven | school | water |
| cool | group | roll |  |  |

**In Case of Cuts**

* If you cut yourself, put the cut under \_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* If the bleeding persists, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the cut, elevate the cut area and apply \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Inform teacher for further \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ treatment.

 **In Case of Choking**

Call for help! Perform the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if you are trained in this first aid skill.

**GENERAL NOTES ON KITCHEN SAFETY AND SANITATION**

**Hands, Hair and Clothing**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hands and nails well before starting to cook.
* Tie hair back and do not touch hair while \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ coats or layered clothing during a lab.
* Roll up long \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, remove rings and other jewelry while \_\_\_\_\_\_\_\_\_\_\_\_\_ with food. Better yet, keep it at home so there is no chance of it getting lost or stolen.
* Wear a \_\_\_\_\_\_\_\_\_\_\_\_\_ apron and keep apron properly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Do not lick your fingers while handling \_\_\_\_\_\_\_\_\_\_\_\_\_.
* Do not sneeze or cough \_\_\_\_\_\_\_\_\_\_\_\_\_ food; wash hands immediately afterwards.

**Breakages**

* Inform \_\_\_\_\_\_\_\_\_\_\_\_ ; use broom (not \_\_\_\_\_\_\_\_\_\_\_\_ ) to sweep up broken pieces.
* Pick up very fine pieces with a damp \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Spills**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the teacher, so s/he can warn the class to be aware of the spill site.
* Wipe up spill immediately; mop up spill. If the spill is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , use a small amount of dish soap. Rinse and clean the mop.

**Knives**

* Carefully use knives, grater and other sharp instruments.
* Always cut \_\_\_\_\_\_\_\_\_\_\_\_ from yourself.
* Carry all knives with the blade pointed \_\_\_\_\_\_\_\_\_\_ .
* Never leave knives, graters and other sharp instruments in a sink with \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_. Wash separately, dry immediately and store carefully - only the dishwasher should place dishes in the soapy water.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| away | down | Heimlich maneuver | pressure | tied |
| bubbly | first-aid | Inform | Remove | wash |
| cool | food | near | running | water |
| cover | greasy | paper towel | sleeves | water |
| clean  | hands | preparing | teacher | working |

**Working at the Stove**

* Never place \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pots or pans on heated elements.
* Turn all pot handles \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_the middle/center of the stove.
* Do not leave fat or grease cooking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Do not leave flammable objects (oven mitts, recipes, dish cloths, etc.) \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_ the stove.
* Use wooden spoons when stirring \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the stove, not metal spoons - they conduct heat.

Rubber spatulas **may** be used **ONLY** if they are heat resistant; otherwise, they may melt.

* When taking a lid off a saucepan, lift it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your body (tip the farthest side up first) so rising steam does not burn your face or arms.
* Always try to match the \_\_\_\_\_\_\_\_\_\_\_\_ of pot or pan to the same size of stove top element.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ oven racks **before** turning on the oven.
* Open oven door completely & pull out oven racks slightly when putting in or removing baking pans. Always wear \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ .
* Use a taster spoon when sampling, never the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ .
* Keep hot foods hot (above 60° C) and cold foods cold (below 4°C); between these temperatures is the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and foods will become unsafe to eat after a time.
* Check to make sure the elements and the oven are turned off when not in \_\_\_\_\_\_\_\_\_\_\_\_ .

**Working at the Preparation Counter and Sink**

* Cut on cutting boards not on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Do not "cross contaminate" by using the same \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for uncooked meat and then for other food items.
* Use hot water to \_\_\_\_\_\_\_\_\_\_\_\_ and rinse dishes.
* Soak greasy dishes in \_\_\_\_\_\_\_\_\_\_\_\_ water, egg and milk dishes in \_\_\_\_\_\_\_\_\_\_\_\_water.
* Stack dirty dishes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to prevent them from falling.
* Never place a hot pan in \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ - let the pan cool first, as extreme temperature changes can cause warping.
* Use a dish drainer and rubber mat for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Do not use a drying towel for wiping \_\_\_\_\_\_\_\_\_\_\_\_\_- use a mop or paper towel.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| adjust | dishes | liquids | spoon | water |
| carefully | drying | mitts | stirring | zone |
| cold | empty | on | towards | use |
| countertops | floors | oven | towards |  |
| cutting board | hot | over | unattended |  |
| danger | dish | size | wash |  |

**Electrical Appliances**

* Always check to ensure that the appliance is \_\_\_\_\_\_\_\_\_\_\_\_ before you plug it in.
* Make sure your hands are \_\_\_\_\_\_\_\_\_\_\_\_ before handling electrical appliances.
* Pull plugs out of the electrical sockets; do not pull \_\_\_\_\_\_\_\_\_\_\_\_.
* Keep appliances always away from \_\_\_\_\_\_\_\_\_\_\_\_ and never immerse electrical motors in water
* Make sure cords are not sitting on stove \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Classroom**

* Keep drawers and cupboard doors \_\_\_\_\_\_\_\_\_\_\_\_.
* Do not lean back on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* During labs, keep chairs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in and push chairs in when you leave.
* Leave books and other supplies under your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or chairs during labs.
* Put all garbage in the garbage can and recyclables in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ located \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . (Answer from teacher.)
* Food scraps and food-soiled paper towels are placed in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bin, located \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . (Answer from teacher.)

|  |  |  |  |
| --- | --- | --- | --- |
| bin | cords | off | table |
| chairs | dry | pushed | water |
| closed | elements | recycling | compost |

 **\*\*\*PLEASE DO NOT LEAVE THE ROOM UNTIL YOUR UNIT HAS BEEN CHECKED FOR PROPER CLEANUP BY THE TEACHER \*\*\***