

LESSON

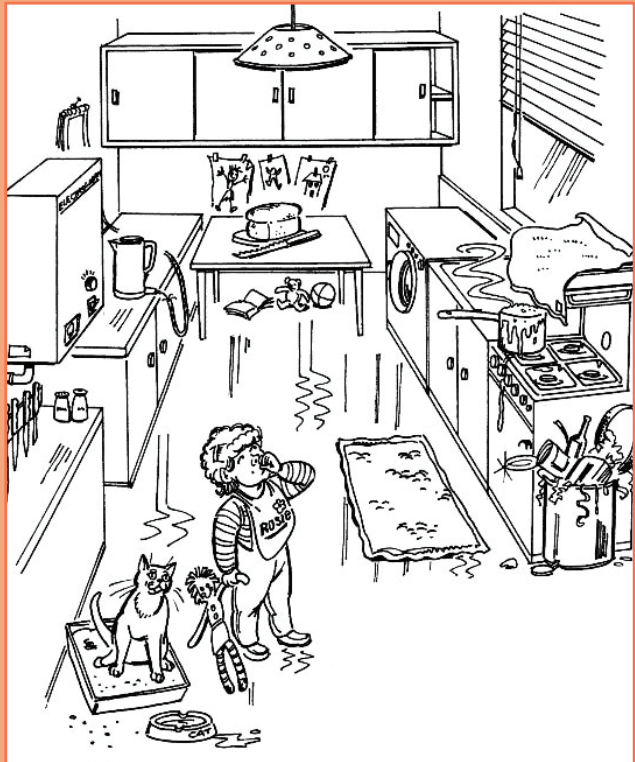
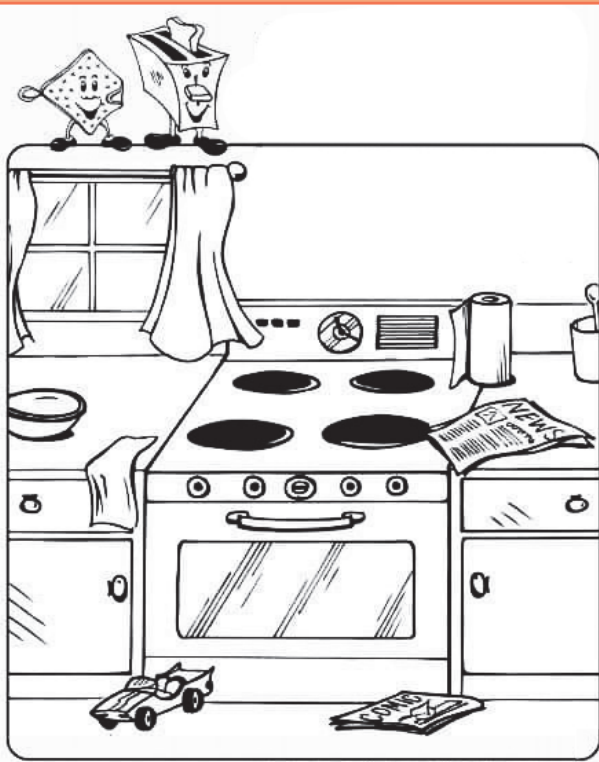
4

KITCHEN SAFETY

Student's Worksheet



Activity 4.1: Observe the pictures below and share what you see.



Kitchen Safety Rules

Read the kitchen safety rules below

Always wear protective clothing in the Food Lab.

- Apron or overall
- Hair nets, scarf or toque
- Closed-toe shoes which are slip resistant
- Disposable gloves



Always wear comfortable shoes in the Food Lab.

- Closed-toe shoes which are also slip resistant



Avoid clothing with long flowing sleeves as they may catch fire during cooking.



Do not leave a dish cloth near the cooker or on top of it as it may catch fire.



Ensure that handles of pots and pans face inwards on the cooker to avoid knocking them accidentally as they may cause burns.



Use oven gloves when removing:

- a hot lid from a pan.
- dishes from the oven and microwave.
- pots or saucepans from the stove.



Use a pot stand and cooling rack when removing hot food items from the stove or oven.



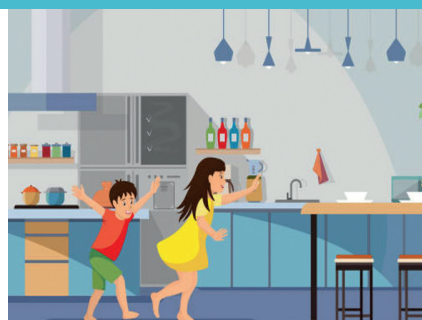
Do not play with the gas flame, gas lighters or matchboxes as they may cause burns or start a fire.



Wipe up spills immediately from the floor as they may cause falls.



Never run around in the kitchen to avoid falls.

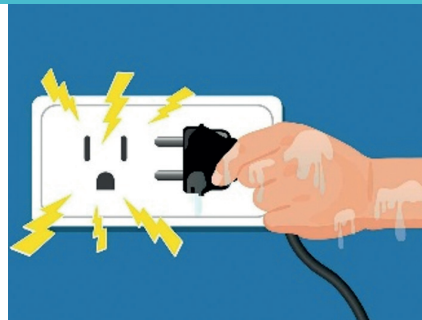


Handle knives and other sharp equipment with care to avoid cuts.

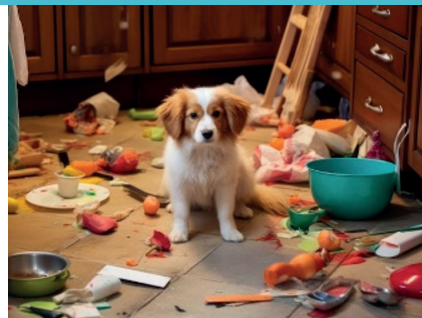
- Do not play with knives, peelers, graters and pastry cutters to avoid injury.
- Always hold the knives with the pointed end facing downwards.
- Always use a chopping board for cutting.
- Cut downwards with firm even pressure, away from the body.



Do not touch electrical appliances and sockets with wet hands to avoid electric shocks.



Do not allow pets in the kitchen.





Activity 4.2(a): Cooking safely - Sharp and non-sharp equipment

Paste the kitchen equipment in the table below to differentiate between sharp and non- sharp equipment.

Sharp equipment

Non-sharp equipment

Pictures for activity 4.2(a) – Cooking safely: Sharp and non-sharp equipment

Cut the images below and paste them in their corresponding column.





Activity 4.2(b): Cooking safely - Hot and cold equipment and material

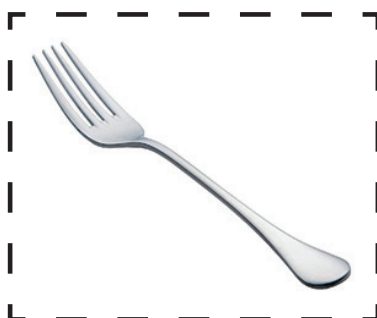
Paste the kitchen equipment in the table below to differentiate between hot and cold equipment and materials.

Hot equipment

Cold equipment

Pictures for activity 4.2(b) – Cooking safely: Hot and cold equipment and material

Cut the images below and paste them in their corresponding column.

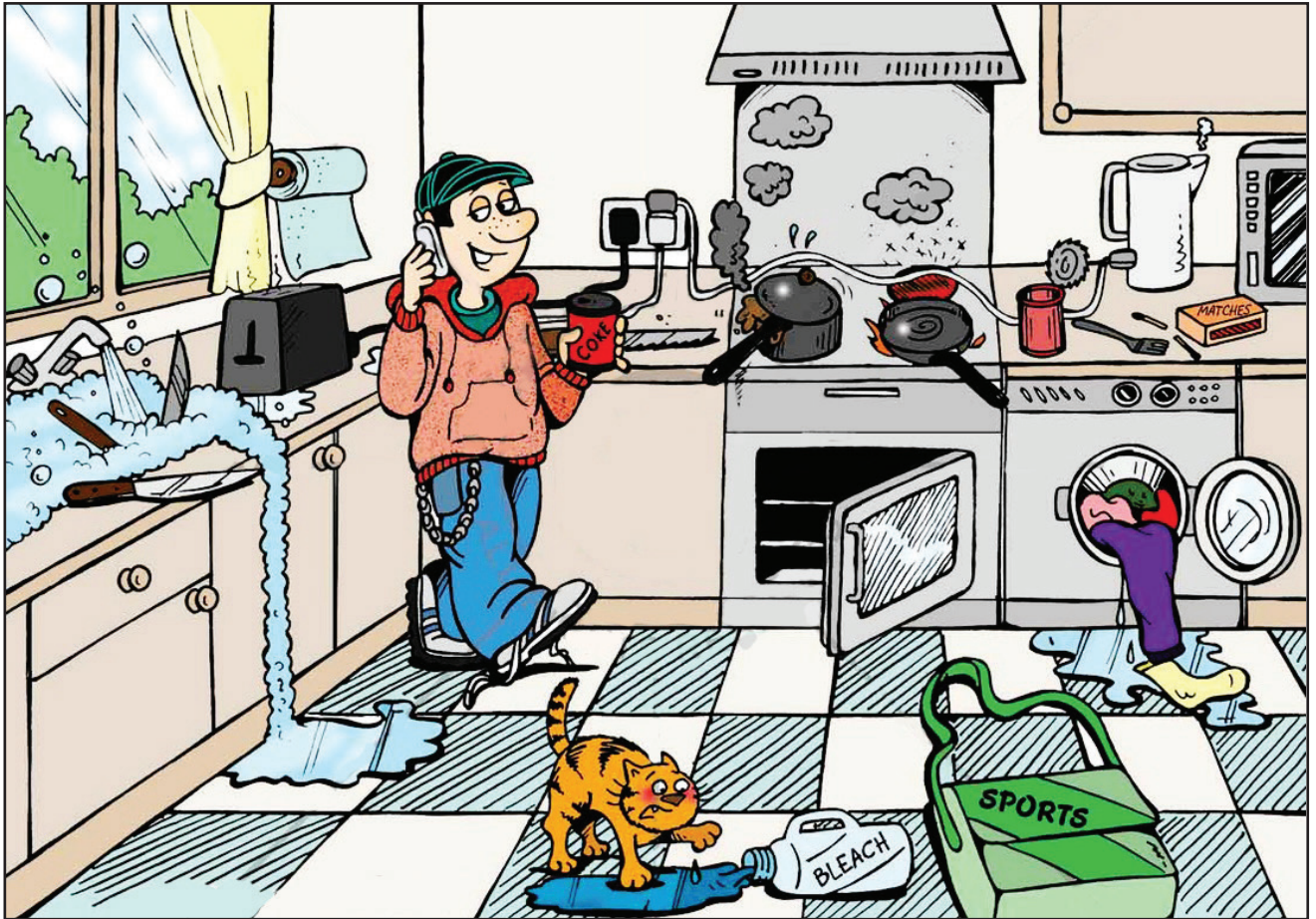




Activity 4.3: Identify the hazards (dangers) in the kitchen

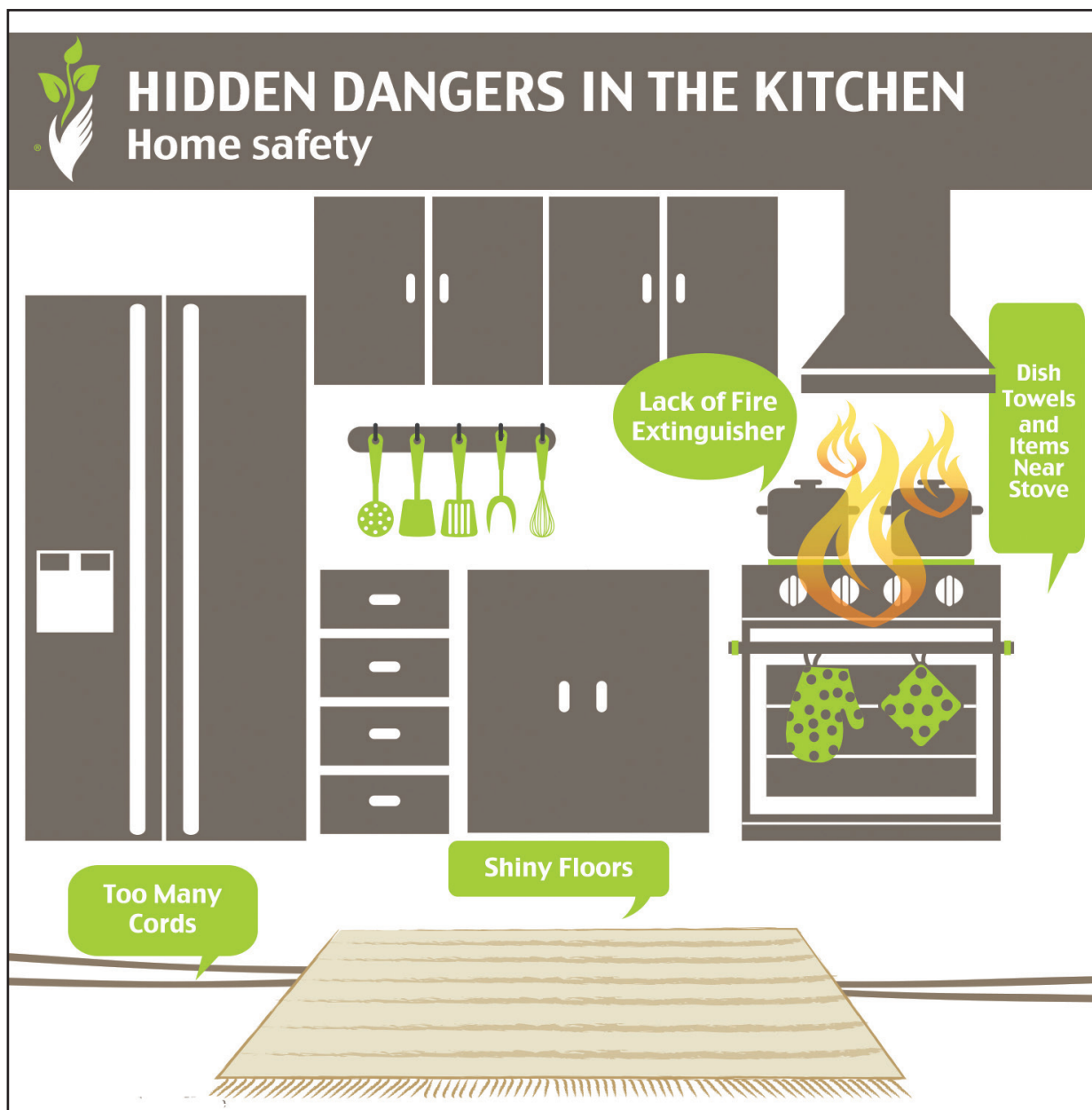
The picture below shows many visible hazards in the kitchen.

- (a) Circle the hazards.
- (b) Suggest ways to ensure that the kitchen is safe.





Activity 4.4: Observe the picture and share the hidden dangers you can see.



First aid

First aid is the immediate help which will be provided to the students in case they are injured in the Food Lab during food preparation.

First Aid



Burns

1. **Cool the burn** with water.

2. **Cover the burn** with a clean bandage.



1. **Rinse the cut** with water.

2. **Apply antiseptic** if needed

3. **Cover** with medical plaster

CUTS





Activity 4.5: Basic First aid treatment

Match the injury shown in column A to its appropriate treatment in column B.

Column A: Injury



Column B: Treatment

