

## LESSON

# 4

# KITCHEN SAFETY

## Teacher's Guide

### Learning Outcomes

By the end of this lesson, students should be able to:

- state the safety rules to follow in the kitchen.
- identify kitchen safety hazards.
- apply the kitchen safety rules during food preparation.
- demonstrate safe skills in handling knives and sharp equipment.



### Note to teacher

The teacher may introduce the lesson through a class discussion by making use of the prompts below:

- Do you like cooking?
- What was the last food you helped prepare at home?
- What did you do to be safe in the kitchen?
- Why is kitchen safety important?

### 4.1 Introduction

Kitchen safety is very important during food preparation as:

- it helps prevent accidents and injuries.
- it promotes a safer work and learning environment.

**Duration:** 3-4 periods

**Materials:** student's worksheet, posters, flashcards, whiteboard, bristol paper, scissors and glues



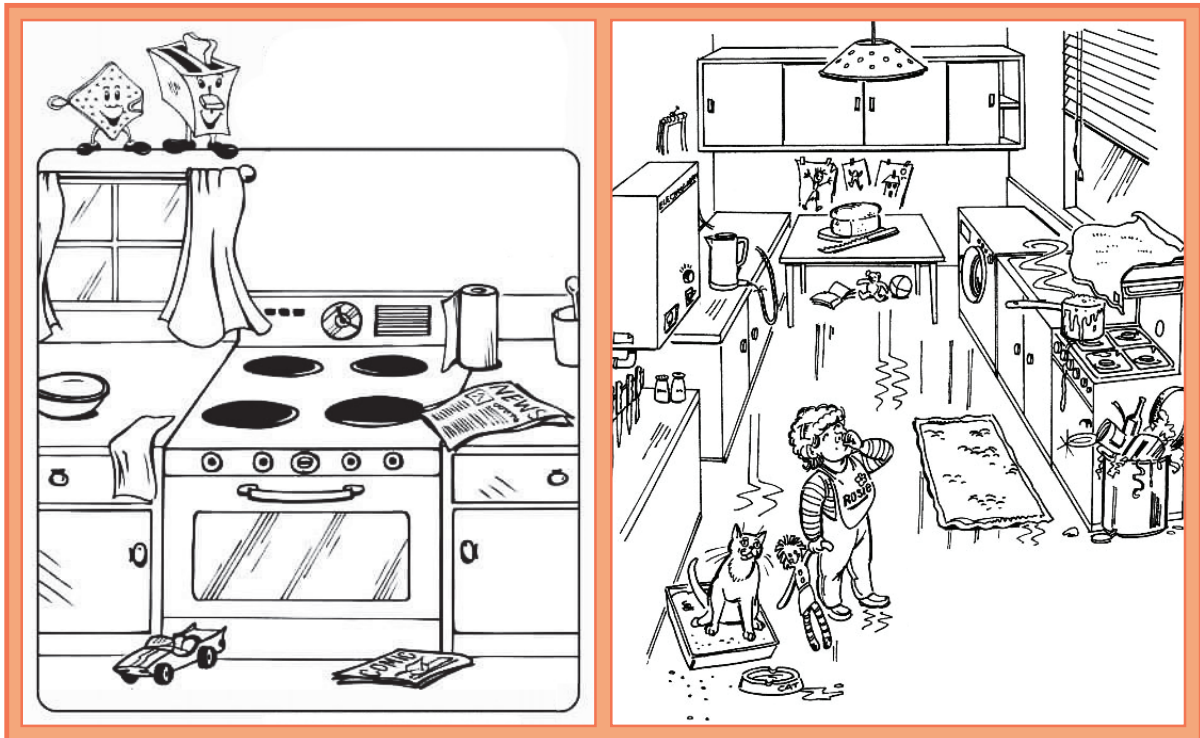
## Stimulus

The teacher will discuss the practices happening in the pictures below.

The pictures below highlight some unsafe practices in the kitchen.



### Activity 4.1: Class discussion - Observe the pictures below and share what you see.



It is important to follow basic safety rules when working in the kitchen. Some of the basic safety rules are listed below:

1. Wear protective clothing.
2. Keep the kitchen clean. (A clean kitchen is a safe kitchen. Meanwhile, a messy kitchen is prone to accidents)
3. Implement the best practices
  - a. Keep your knives sharp. A dull knife is more likely to cause an accident than a sharp one.
  - b. Be careful when you're cooking with hot oil. Hot oil can easily splatter and cause burns.
  - c. Always use pot stands for placing hot pans.
  - d. Always use oven mitts or pot stands when handling hot pans or dishes.
  - e. Be careful when opening cans. The sharp edges of the can lid can easily cut fingers or injury you.

## 4.2 Kitchen Safety Rules

### TEACHING POINT

#### Explain that

Many accidents can take place in the kitchen. This is because of the large number of activities that take place in the kitchen such as cleaning, preparation of food, cooking and sometimes eating meals. Some examples of accidents are burns, fire, slips, cuts and falls. To minimise these accidents, take the following precautions and follow the 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.

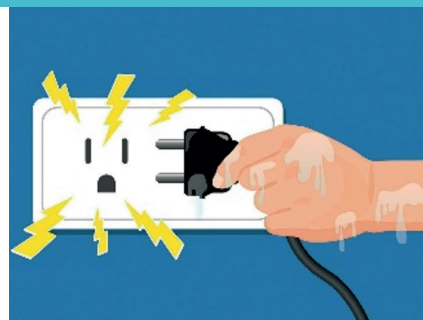


Handle knives and other sharp equipment with care to avoid cuts.

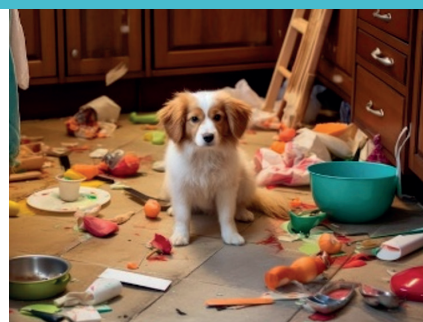
- Do not play with knives, peelers, graters and pastry cutters to avoid injury.
- Always hold the knives with the pointed end facing downwards.
- Always use a chopping board for cutting.
- Cut downwards with firm even pressure, away from the body.



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



Do not allow pets in the kitchen.





## NOTE

Never play with the following items.



***Matches***



***Electrical outlets***



***Toaster***



***Candles***



***Mobile phone on charge***



***Burners***



***Hot iron***

## 4.3 Cuts

### TEACHING POINT

#### Explain that

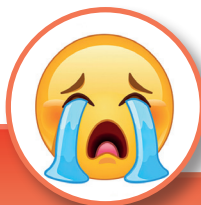
During food preparation, there are some safety hazards that need to be considered. For example, cuts are caused by **sharp objects** such as knives, scissors, rough metal edges of cans, wrong use of can openers and broken glass.

Following safe work practices and knowing how to use kitchen tools properly can help you avoid unnecessary cuts.



#### *Good habits*

- Always carry the handle of sharp objects with the tips facing downwards.
- Always choose the correct tool for the task.
- Always use a chopping board when cutting.
- Use a dustpan to pick up broken glass and dispose of it safely.



#### *Bad habits*

- Playing with knives, peelers and pastry cutters.
- Touching knife blades.
- Running in the food lab while holding a knife or scissors.
- Trying to catch falling sharp instruments.
- Slicing or chopping ingredients without a chopping board.
- Picking up broken glass pieces with bare hands.



#### NOTE

- **Always inform your teacher about broken glass. Do not attempt to clean it by yourself.**
- **Immediately notify your teacher if you get cut or burnt.**



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

*Guide students to cut and paste the pictures for Activity 4.2(a)*

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

*Guide students to cut and paste the pictures for Activity 4.2(b)*

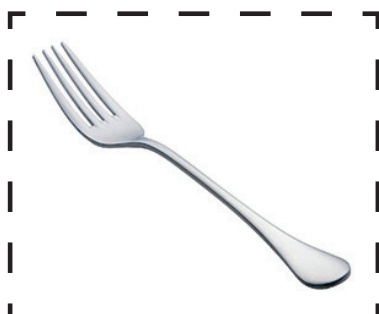
Paste the kitchen equipment in the table below to differentiate between hot and cold equipment and materials.

#### 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.*



## TEACHING POINT

### Explain that

A kitchen hazard is a danger or risk that may cause injury, illness, or damage in a kitchen environment.

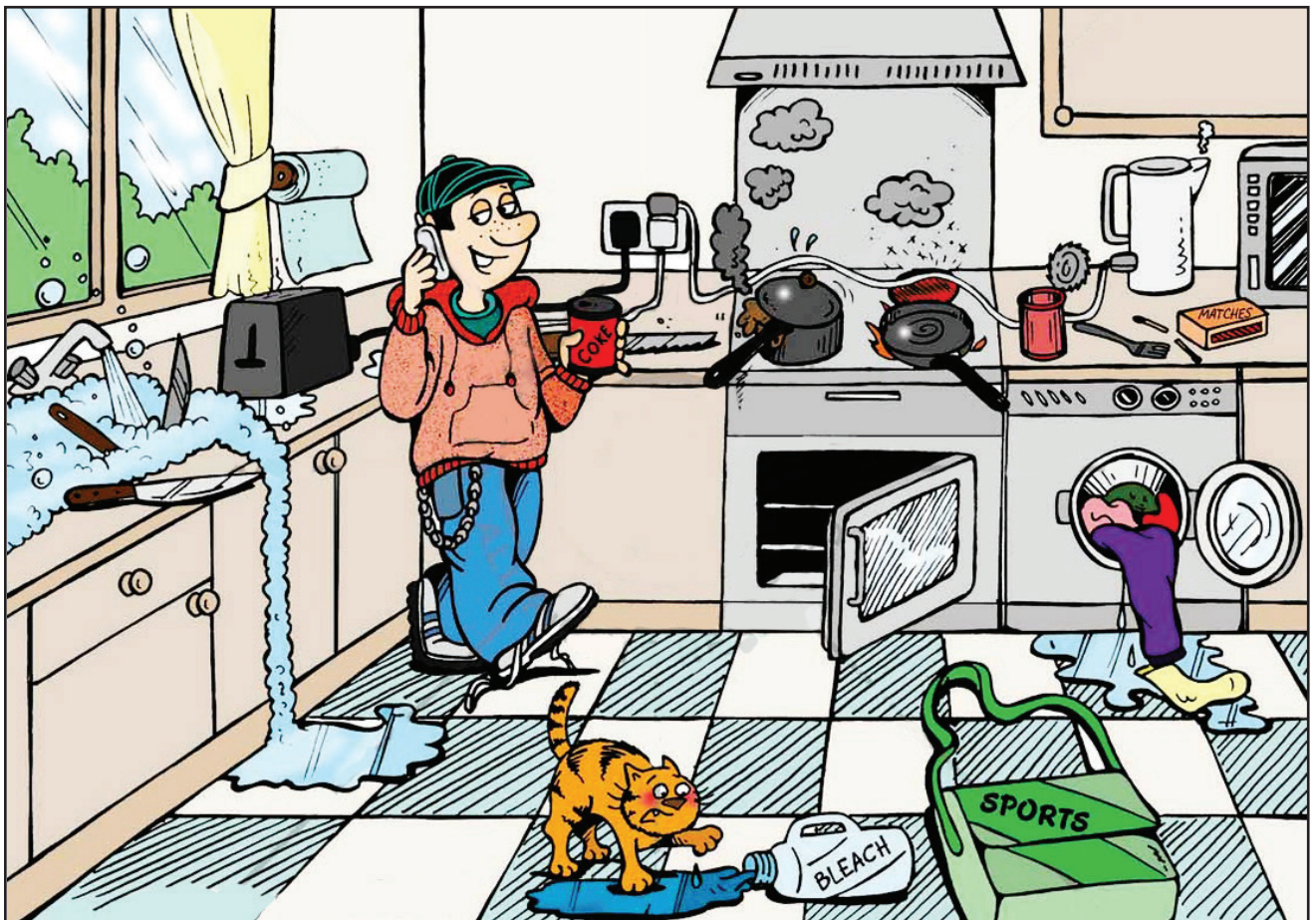
Some hazards are visible and easy to identify while others are hidden.



### 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.



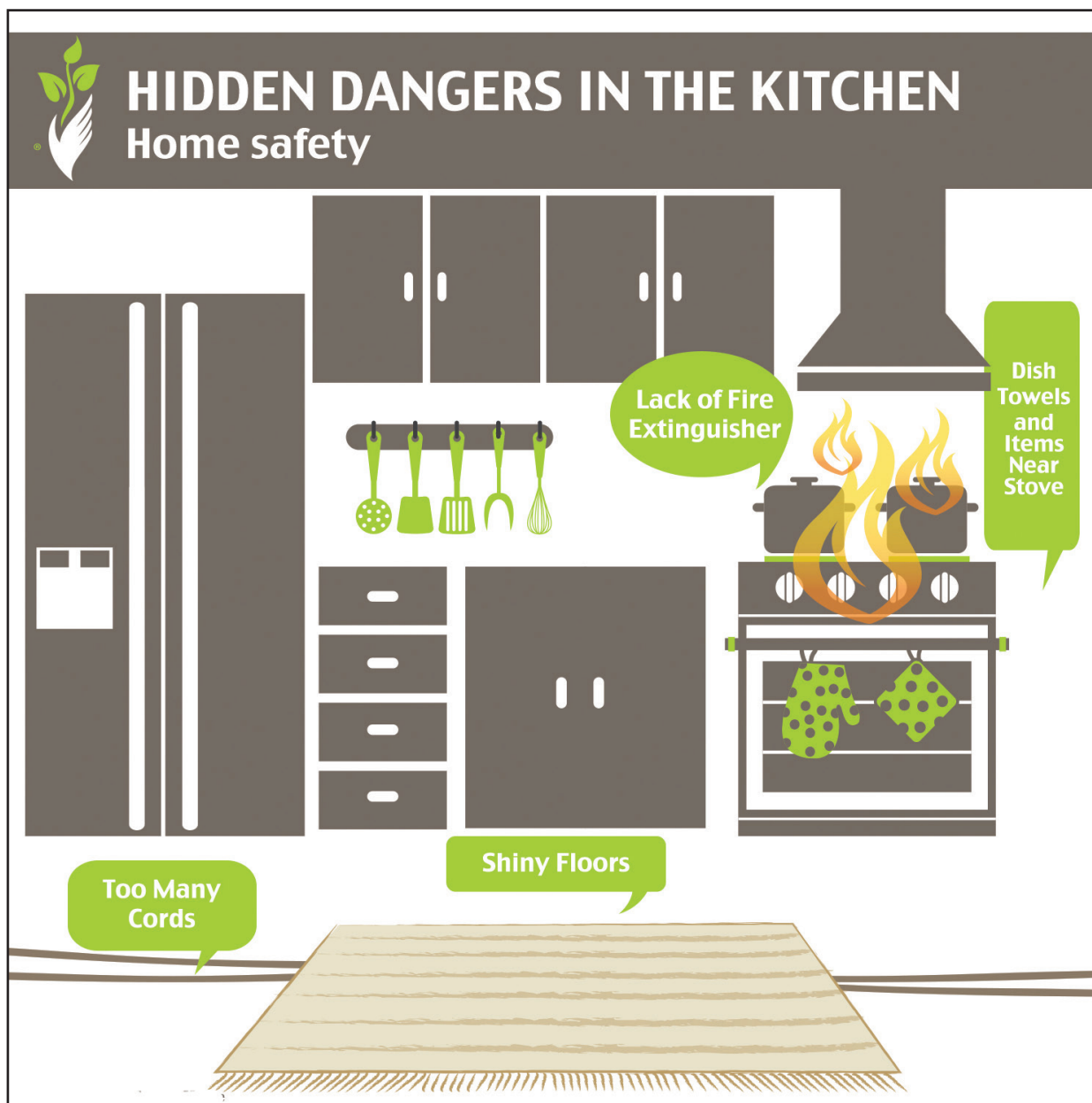


#### Activity 4.4: Observe the picture and share the hidden dangers you can see.



#### Instructions to teacher

Teacher uses probes and prompts to encourage class discussion on the hidden dangers in the kitchen in the picture provided below





## 4.4 Burns and scalds

### TEACHING POINT

Explain that

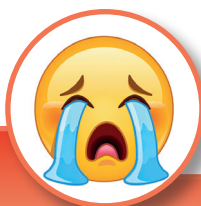
During food preparation, **burns are caused by hot surfaces and fire** while **scalds are caused by steam and boiling liquids**.

Following safe work practices can prevent burns and scalds.



### *Good habits*

- Avoid clothing with long flowing sleeves as they may catch fire during cooking.
- Use oven gloves when handling hot pans and pots.
- Use oven gloves when removing hot dishes from the oven.
- Do not leave flammable materials such as dish cloths and oven gloves near a cooker or stove which is on
- Avoid overfilling pots with water or any other fluid to prevent it from boiling over.
- Cover pans with a lid while cooking to prevent hot splashes of food when boiling.
- Removing lids from pots with care to avoid scalding the hands and face.



### *Bad habits*

- Playing with matches or fire.
- Removing hot dishes without oven gloves.
- Leaving flammable materials near the gas stove.
- Running with hot liquids in the Food Lab.



### NOTE

- **Keep a fire extinguisher close by in the kitchen, in case of fire.**
- **Immediately notify your teacher if you accidentally burn or scald yourself.**

## 4.5 First aid

### TEACHING POINT

Explain that

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



### *Instructions to teacher*

Teacher reminds students that they need to inform the teacher immediately whenever they are hurt due to burns, falls or cuts so that they receive adequate first aid treatment.



### 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

