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8 Ingredients for a Safe Kitchen

Safety is important when you are in the kitchen!
Here are some tips that will help you stay safe in the kitchen.

1

Set out all of your ingredients and equipment before you begin cooking. Everything should be "mise-en-place" or put in place



2

Ask an adult for help when using the stove, oven, a knife and when handling hot items, opening cans/jars and reading a recipe



3

Always wash your hands before cooking to prevent unwanted bacteria from spreading (and after touching raw meat, fish or eggs)



4

Use oven mitts and potholders for hot pans and baking trays



5

Have 2 cutting boards: one for fruits and veggies and one for meats and fish



6

Always keep your non dominant (non knife) hand in a claw position to protect your fingers



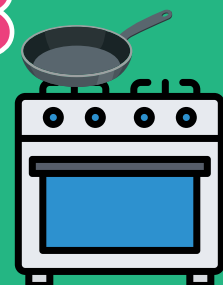
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Keep flammable products away from the heat of the oven and stove top



8

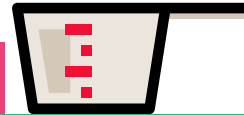
Keep pot handles away from edge of the stove



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Measuring Tips

DRY MEASURING CUP



Use a spoon to put ingredient into the measuring cup and remove extra with the back of a butter knife



Use a spoon to fill the measuring cup with the ingredient, push down lightly and remove excess with the back of a butter knife

LIQUID MEASURING CUP



Pour liquid into the measuring cup and bend down so the liquid amount you need is at eye level

EXTRA TIPS



Use measuring spoons and remove excess of the food item with a straight edge (clean finger or back of butter knife)



Crack eggs into a separate bowl before adding to other ingredients

Fridge Foods Letter Mix Up!

Unscramble the letters of foods that should be stored in the fridge to spell the words correctly.

Word Bank

- meat
- potato
- cheese
- flour
- eggs
- chicken
- leftovers
- yogurt
- spices
- canned items
- strawberries
- milk
- sugar
- lettuce
- cucumber
- banana
- oats
- bread

Hint: Some of the words above might be decoy words! It's up to you to figure out which items need to be stored in the fridge and unscramble the words.



o t r u g y



s g e g



i w t b e r s e r r s a



m c e u b u c r



t e l t c u e



f v r t e o e l s



s e h c e e



t a m e



c e c k n i h



k i l m

Answer Key

Fridge Foods Letter Mix Up!

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Hint: Some of the words above might be decoy words! It's up to you to figure out which items that need to be stored in the fridge are scrambled.



y o g u r t



e g g s



s t r a w b e r r i e s



c u c u m b e r



l e t t u c e



l e f t o v e r s



c h e e s e



m e a t



c h i c k e n



m i l k

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Spot the Hazards Activity Sheet

Can you spot all the potential hazards? Explain why they are hazardous and try to come up with a solution to make it safe.

Hint: There are 13 potential hazards.



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Spot the Hazards Activity Sheet

Write your explanations here!

1		7
2		8
3		9
4		10
5		11
6		12
13		

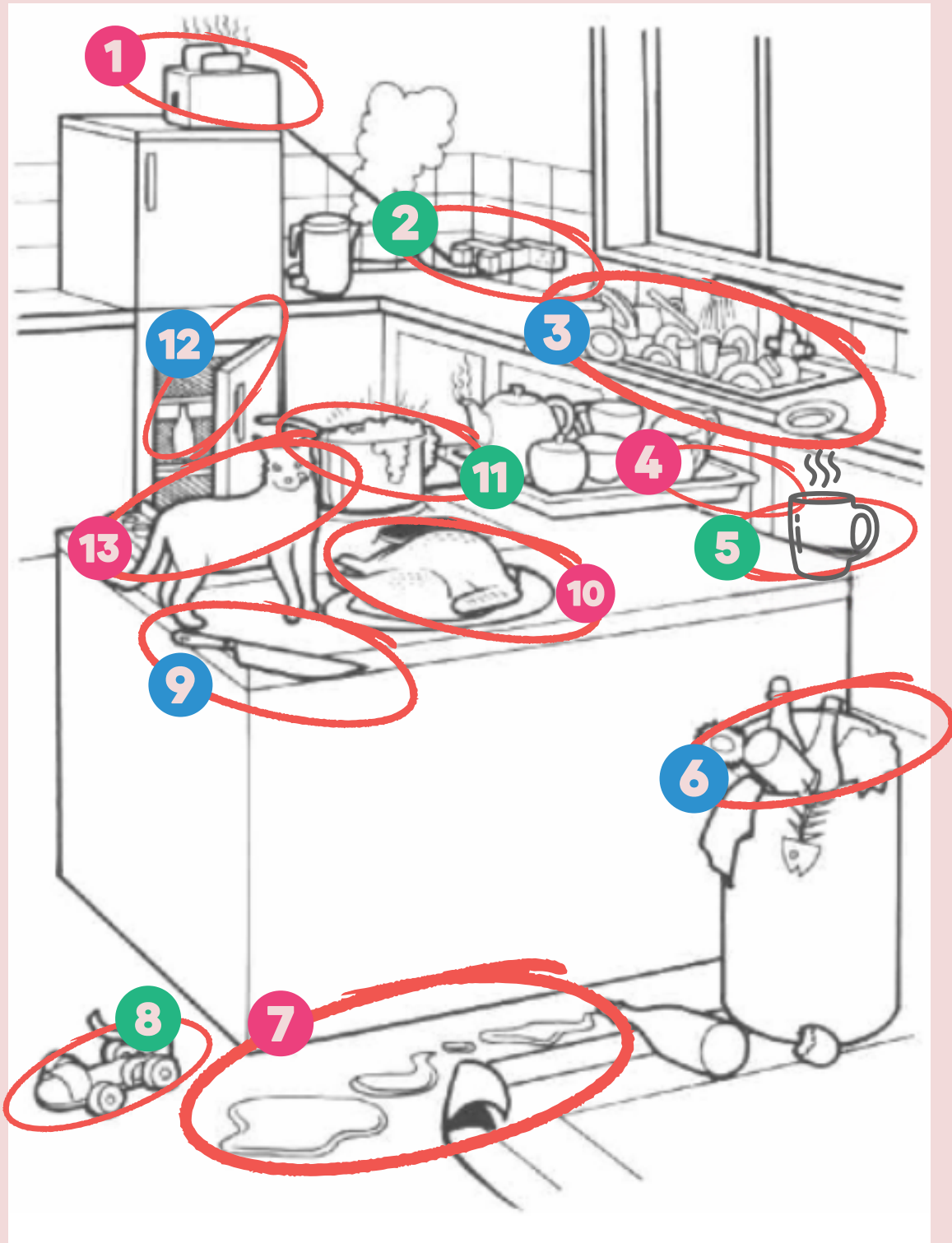
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Spot the Hazards Activity Sheet

Write your explanations here!

1

Danger: Toaster placed too high and electric cord is stretched too far, potential for it to fall.

Solution: Ask grown-up helper to help move toaster to safe spot on the counter.

Danger: Spill on the floor which is a slipping hazard.

Solution: Use mop or paper towels to clean up spill.

7

2

Danger: Too many appliances plugged in! Overloaded circuits = electrical hazard.
Solution: Avoid plugging in too many things. Only plug in the appliance you are using.

Danger: Clutter causing a potential tripping hazard.

Solution: Move the item and put in appropriate place out of the kitchen.

8

3

Danger: The sink is overflowing with dishes. This is a potential hazard as they could fall.

Solution: Stack them neatly beside the sink.

Danger: Knife is on the edge of the counter, potential for falling and injury.

Solution: Put knife in appropriate place. Don't forget - your grown-up helper should be present when you're using a knife!

9

4

Danger: Tea tray is on the edge of the counter. It could fall or be knocked over!
Solution: Make sure it is completely on the counter.

Danger: Meat left out of the refrigerator, which could cause it to spoil

Solution: Store meat in the refrigerator.

10

5

Danger: The coffee mug is on the edge of the counter and could fall, break and spill.

Solution: Move dishes and utensils away from the edges to prevent accidents

Danger: Unattended stovetop, fire hazard.

Solution: Always keep a grown-up helper close when using the stove

11

6

Danger: Overflowing trash could attract unwanted pests and cause food-borne illness.

Solution: Ask a grown up helper to take out the trash before it overflows!

Danger: Refrigerator left open, hazard for food going bad which may cause food borne illness.

Solution: Always ensure the fridge door is properly closed

12

13

Danger: Having a pet on the counter is a source of cross contamination which can lead to food-borne illnesses! Your pet may also eat something harmful!

Solution: Keep pets and people from sitting on the counters!