

# *Let's Get Cookin'!*

## **Ground Rules:**

Have the group establish ground rules for the sessions adding in additional points as needed.

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## **General Kitchen Safety:**

### **Preventing Burns:**

- ✓ Always use oven mitts to lift hot items.
- ✓ Keep pot handles turned towards the centre of the stove.
- ✓ Ask for help when carrying hot items that are too heavy for you.
- ✓ Wear an apron to keep clothing close to your body and away from heat sources.

### **Preventing Shocks:**

- ✓ Never use electrical equipment near water or with wet hands.
- ✓ Be sure that an appliance is turned off before plugging it in.
- ✓ Never use equipment that you are unfamiliar with. Ask for help and instructions.

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## **HANDWASHING** The 6 Step Method

**1. Wet Hands**



**2. Dispense Soap**



**3. Lather (20 seconds)**



**4. Rinse**



**5. Towel Dry**



**6. Turn Off with Towel**



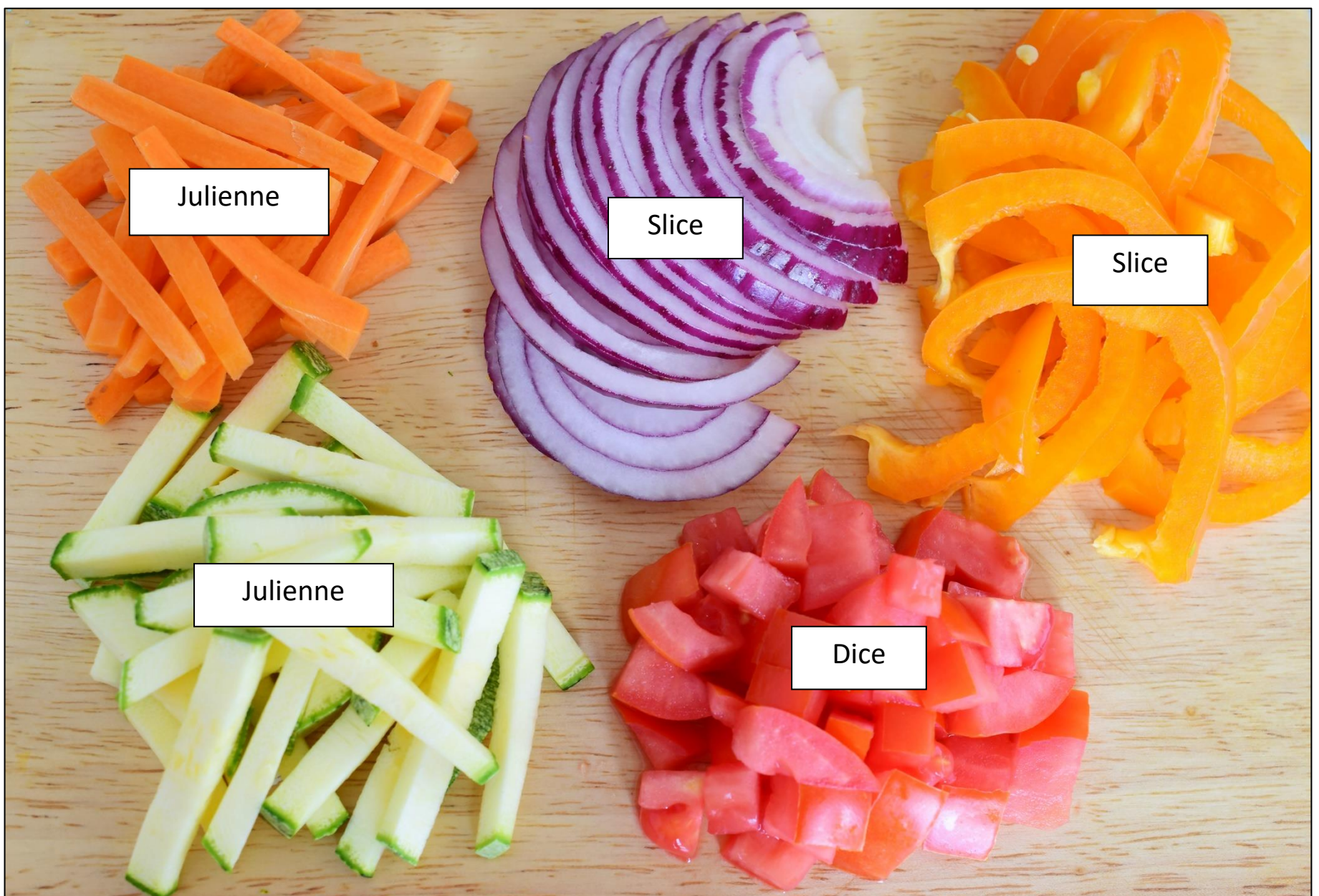
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## **Knife Safety:**

- ✓ Wear closed toe shoes.
- ✓ Carry knives with blade pointed down towards the floor.
- ✓ If the knife falls - back up and let it fall (never try to catch it).
- ✓ Always use a cutting board as a surface to cut on. Never try to cut something while holding it.
- ✓ Use a larger cutting board than seems necessary so that there will be room to cut. It is more difficult to cut if items are crowded on the cutting board.
- ✓ Ensure cutting board is secure and not moving. If it is sliding around, secure with a damp paper towel underneath.
- ✓ Always hold the knife by the grip or handle.
- ✓ Hold the food you are cutting with one hand, while the other hand uses the knife.
- ✓ Tuck your fingers under in a "C" shape - holding hand is shaped like a claw.
- ✓ Cut away from the body.
- ✓ If food is round or wobbly - slice it in half so that it can be placed on the flattened side and is safer to cut.
- ✓ The tip of the knife should always remain on the cutting board, and the cutting can be done by carefully lifting and lowering the handle.
- ✓ Always pay attention to what you are doing - keep your eyes on your cutting.

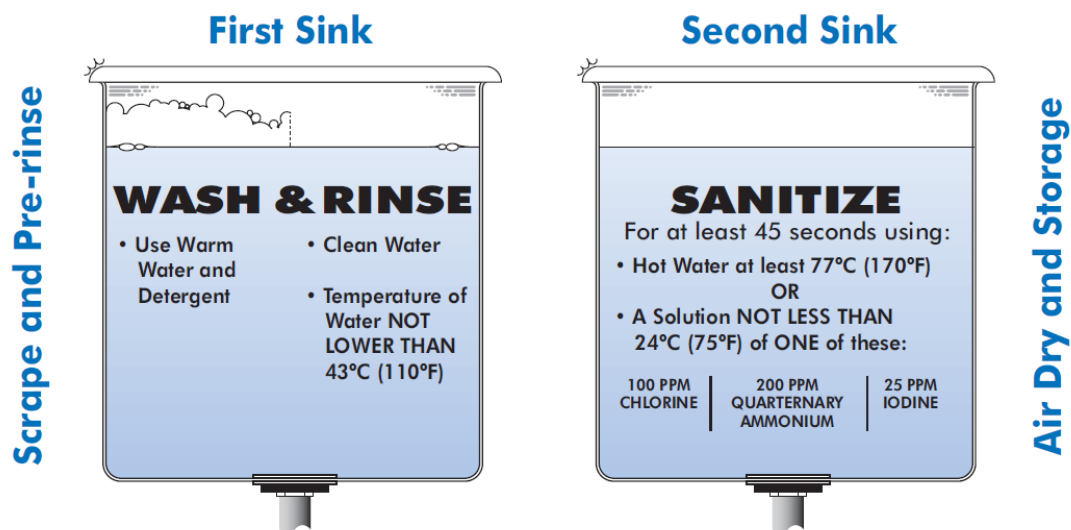
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Tuck your fingers under in a "C" shape – holding hand is shaped like a claw when using knife

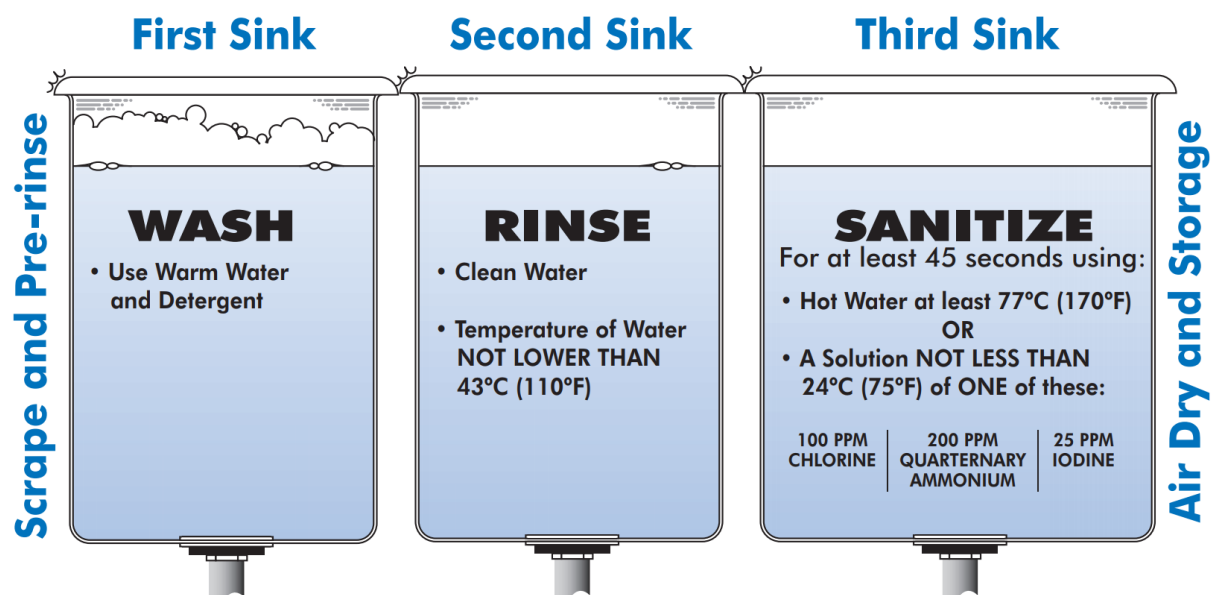


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## CORRECT DISHWASHING PROCEDURE The Two Sink Method



## CORRECT DISHWASHING PROCEDURE The Three Sink Method



You will need a two or three compartment sink (or bins) for washing dishes by hand.

- ✓ Scrape off food scraps and rinse dishes.
- ✓ Wash dishes with detergent and clean warm water.
- ✓ Rinse dishes with clean water.
- ✓ Sanitize dishes by letting them sit for at least 45 seconds in clean water that contains a chemical sanitizer. Check with the custodian at your school/agency to see which food grade sanitizer should be used.
- ✓ The temperature of the water and sanitizer mix should be at least 24°C (75°F).
- ✓ Always use an approved sanitizer and follow the manufacturer's directions. The sanitizer will have to be mixed to the approved concentration.
- ✓ Place dishes on a clean, non-porous, sloped rack or paper towels and let them air dry.
- ✓ Do not dry with tea towels. Clean paper towels can be used to dry equipment