

PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

Planning, Selecting, Storing, Preparing and Serving Food Grade Levels: 7-12

Concept: Kitchen Safety

Comprehensive Standard: 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

Technical Standard(s): 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

LESSON COMPETENCIES

- ? Identify safety hazards in the kitchen
- ? Demonstrate safe practices while working in the kitchen
- ? Discuss what to do in case of common kitchen accidents

Anticipated Behavioral Outcomes:

- ? Students demonstrate safe practices when working in home or food service kitchens.

Resources Needed:

- Video on Kitchen Safety (one is suggested below in reference list)
- Copies of handouts for each student

References for teachers and students:

Byrd-Bredbenner, C. (2003). *Adventures in Food and Nutrition*. Goodheart-Willcox Publishing, Tinley Park, IL www.goodheartwillcox.com Chapter 8 Play It Safe!

Texas Tech University, Iowa State University and University of Wisconsin-Stout (September, 2001). *Assessment Strategies for Family and Consumer Food and Nutrition National Standards*. Funded by the USDA, Cooperative State Research, Education and Extension Service and Higher Education Challenge Grants. Available from The Curriculum Center for Family and Consumer Sciences, Texas Tech University, Box 41161, Lubbock, TX 79409-1161, Phone 806-742-3029. Request Item #4500. Cost is \$20.00 + \$5.00 shipping and handling.

Video *The Food Service Industry: Safety & Sanitation* (1992) is a good video presented from the food service industry perspective. It is from Meridian Education Corporation, P.O. Box 911, Monmouth Jct., NJ 0885-0911. Phone: 1-800-727-5507 (www.meridianeducation.com)

Background Information:

Each year, thousands of people are injured, become ill or are killed because of dangerous safety and sanitation practices in the kitchen. Most of these accidents could have been prevented if those involved practice appropriate kitchen safety and sanitation practices.

The main causes of accidents are falls, fires, burns, chemicals and electrical shocks.

Learning Activities:

Middle School Level

- ? Introduce the topic of kitchen safety with a Kitchen Safety Scavenger Hunt. Set up one of the kitchens with several kitchen hazards (for example, paring knife in sink, cupboard door open, etc.); ask students to identify as many hazards as possible. Discuss why each could lead to a kitchen accident
- ? Show a video on kitchen safety for students (see reference list for suggested video)
- ? Complete the activity *What's The Problem?* Discuss answers with students when they have completed the assignment.
- ? Working independently or in teams of two, have students research and make mini presentations on expanded topics in the area of kitchen safety. Possible topics: cuts, falls, fires, burns, poisons, care of utensils, etc. Present to class.
- ? Complete a post-test, *Kitchen Safety Test*. Student must pass with 100% accuracy to demonstrate competency before involvement in kitchen laboratory experiences.

High School Level

- ? Review kitchen safety practices by asking student to develop a Top Ten list of appropriate kitchen safety and sanitation practices.
- ? Research appropriate kitchen safety and sanitation practices and develop a kitchen safety and sanitation document (poster, booklet, pamphlet, PowerPoint, etc.) appropriate for training food service employees. Follow the guidelines from the Actions Based Learning Research Project (pp. 255) in the Assessment Strategies for Family and Consumer Food and Nutrition National Standards. (see reference list) A scoring rubric and questions for reflection are provided.

Extended Learning Activities:

- ? **Ask older students to train younger students on appropriate kitchen safety and sanitation practices**
- ? **Kitchen Safety Puppet Show** – Create a puppet show on kitchen safety to present to younger children. Present to preschool, kindergarten or elementary school children or after school care participants.