**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Foods 10 Kitchen Safety**

**Food for Today – First Canadian Edition – Chapter 6**

1. **General Safety Guidelines (7)**

* Tie back hair, remove jewellery, roll up sleeves, tie up apron strings. WHY? (2)

1. **Preventing Falls (2)**

* Don’t wear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* To reach higher shelves, don’t use a chair as you could \_\_\_\_\_\_\_\_\_

1. **Preventing Cuts (4)**

* Keep knives \_\_\_\_\_\_\_\_\_\_\_\_
* Don’t try to catch a falling knife. Step aside and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Sweep up broken glass. If you need to pick up pieces by hand, use a \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ instead of bare fingers.
* Don’t soak knives or other sharp edged utensils in a \_\_\_\_\_\_\_\_.

1. **Electrical Safety (4)**

* Water & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ don’t mix
  + Never use an electrical appliance when your hands are \_\_\_\_\_\_\_\_
* Use care with any plugged-in appliance
  + NEVER put your \_\_\_\_\_\_\_\_\_\_ or a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ inside an appliance that is plugged in.

1. **Hazardous Chemicals**

* Never mix different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_. They could combine to give off \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.

1. **Preventing Stove & Microwave Accidents (7)**

* Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when picking up or uncovering hot pots and pans.
* Do not use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to take out hot items in the oven.
* When uncovering a pot or pan, life the cover so the steam flows \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from you.
* Keep handles towards the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Don’t reach into the oven, pull out the \_\_\_\_\_\_\_\_\_\_ first.

1. **FIRE - If there is a fire on the stove-top, you should. (5)**
   1. Turn off the \_\_\_\_\_\_\_\_
   2. Put the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or pour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Never use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as the grease will \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and spread.
2. **FIRE if there is a fire in the oven or microwave (2)**
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the appliance
   2. Keep the door \_\_\_\_\_\_\_\_\_\_ until the fire goes out.
3. **FIRE – Never attempt to carry a pan with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1)**
4. **What is Food Safety? (1)**
5. **Who is most at risk of of suffering from foodborne illness? (2)**



1. **Most foodborne illness is caused by harmful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **The type of bacteria that can be found in raw ground beef is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
3. **The type of bacteria that can be found in undercooked chicken is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
4. **The type of bacteria that can be found in lunch meats is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
5. **Rules for Personal Hygiene (7)**



1. **How long do you need to wash your hands? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **What is cross-contamination and give an example. (2)**
3. **What should you do after you have handled raw meat/poultry/seafood? (2)**
4. **Steps to Washing Dishes (9)**
5. Rinse \_\_\_\_\_\_\_\_\_\_\_\_ dishes
6. Keep sharp knives \_\_\_\_\_\_\_\_\_\_
7. If food is stuck to cookware, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ it. Pour a little \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in, add hot \_\_\_\_\_\_\_\_\_\_\_ and let the pan stand.
8. Fill a sink with soapy water.
9. Wash \_\_\_\_\_\_\_\_\_\_\_\_\_ first and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ last.
10. When necessary, refill the sink with hot soapy water.
11. Rinse dishes with \_\_\_\_\_\_\_\_\_\_ water.
12. Let the dishes dry in the \_\_\_\_\_\_\_\_\_\_
13. **List and describe the four simple steps to reduce the risk of foodborne illness (8).**
14. **At what 2 temperature sections does bacteria not grow? (2)**
15. **What temperature section destroys most bacteria? (1)**
16. **Where does bacteria grow slowly? (1)**
17. **What is the danger zone temperature? (1)**
18. **As a general rule, you can leave food out at room temperature for how long? (1)**
19. **What are the 3 safe ways to thaw food? (3)**
20. **What six things that can cause/speed up food spoilage? (6)**
21. **To avoid loss of quality in stored foods, it is important to remember this principle. (1)**

**Assignment # 5 - Whose Job is it? (22 marks)**

|  |  |
| --- | --- |
| Job | Duties |
| Dishwasher |  |
| Dish Dryer |  |
| Housekeeper |  |
| Special Duties & Recipe Captain |  |
| Rover |  |