

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)
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2. Preventing Falls (2)

- Don't wear _____
- To reach higher shelves, don't use a chair as you could _____

3. 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 _____.

4. 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.

5. Hazardous Chemicals

- Never mix different _____ . They could combine to give off _____ .

6. 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, lift the cover so the steam flows _____ from you.
- Keep handles towards the _____ .
- Don't reach into the oven, pull out the _____ first.

7. FIRE - If there is a fire on the stove-top, you should. (5)

- a. Turn off the _____
- b. Put the _____ or pour _____
- c. Never use _____ as the grease will _____ and spread.

8. FIRE if there is a fire in the oven or microwave (2)

- a. _____ the appliance
- b. Keep the door _____ until the fire goes out.
- c. _____

9. FIRE – Never attempt to carry a pan with _____ . (1)

10. What is Food Safety? (1)

11. Who is most at risk of suffering from foodborne illness? (2)

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12. Most foodborne illness is caused by harmful _____

13. The type of bacteria that can be found in raw ground beef is _____ .

14. The type of bacteria that can be found in undercooked chicken is _____ .

15. The type of bacteria that can be found in lunch meats is _____.

16. Rules for Personal Hygiene (7)

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17. How long do you need to wash your hands? _____

18. What is cross-contamination and give an example. (2)

19. What should you do after you have handled raw meat/poultry/seafood? (2)

20. Steps to Washing Dishes (9)

1. Rinse _____ dishes
2. Keep sharp knives _____
3. If food is stuck to cookware, _____ it. Pour a little _____ in, add hot _____ and let the pan stand.
4. Fill a sink with soapy water.
5. Wash _____ first and _____ last.
6. When necessary, refill the sink with hot soapy water.
7. Rinse dishes with _____ water.
8. Let the dishes dry in the _____

21. List and describe the four simple steps to reduce the risk of foodborne illness (8).

22. At what 2 temperature sections does bacteria not grow? (2)

23. What temperature section destroys most bacteria? (1)

24. Where does bacteria grow slowly? (1)

25. What is the danger zone temperature? (1)

26. As a general rule, you can leave food out at room temperature for how long? (1)

27. What are the 3 safe ways to thaw food? (3)

28. What six things that can cause/speed up food spoilage? (6)

29. 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	1. 2. 3. 4. 5. 6. 7.

Dish Dryer	<ol style="list-style-type: none">1.2.3.4.5.6.
Housekeeper	<ol style="list-style-type: none">1.2.3.4.5.6.7.
Special Duties & Recipe Captain	<ol style="list-style-type: none">1.2.3.4.5.6.
Rover	<ol style="list-style-type: none">1.2.3.4.