

# FOODS & CULTURE

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Safety & Sanitation

# OVERVIEW

- Safety in the kitchen
- Sanitation
- Expectations & Teamwork



# VIDEO: KITCHEN SAFETY



# SAFETY IN THE KITCHEN

- Accidents don't "just happen"! They are caused by not knowing the safe way to work.
  - But we can reduce the chance of accidents by learning safe practices.
  - What are the most common accidents in the kitchen:
    - Cuts
    - Falls
    - Burns
    - Poisoning
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# PREVENTING BURNS & FIRES

- Burns can come from many sources:
  - Hot food
  - Hot equipment
  - Steam
- Ways to prevent burns:
  - Wear close-fitting clothing
  - Keep flames covered
  - Always use caution
  - Lift lids away from you
  - Clean range when it is cool

If you burn  
yourself, tell the  
teacher  
**IMMEDIATELY!!!**



# GREASE FIRE

- Fats & oils are very flammable. Keep equipment clean so grease doesn't build up. Watch cooking foods carefully.
- DON'T:
  - Never pour WATER on a grease fire!!!
  - Don't carry the burning pan to the sink.
- DO:
  - Turn off the heat immediately.
  - Pour salt or baking soda over the flames. This will smother them.
  - If salt or baking soda is not close, put a cover over the pan.
  - If it is out of control, try a fire extinguisher or leave it and call the fire department.

# PREVENTING CUTS

- Many cuts happen in the kitchen, here are some ways to avoid them:

- When u
- Do not
- Use a k
- DO NO
- Careful

If you cut yourself,  
tell the teacher  
**IMMEDIATELY!!!**



- Use a can opener to open cans, careful to not have a jagged edge.
- Sweep broken glass, DO NOT USE YOUR BARE HANDS!

# PREVENTING FALLS

- Spills cause falls. If you spill something, wipe it up right away
- Use a ladder to reach high shelves



# PREVENTING POISONING

- Poisons can enter the body through:
- Many household chemicals are poisonous.
- Always read the directions carefully before using.
- Never mix household cleaners.



# SANITATION

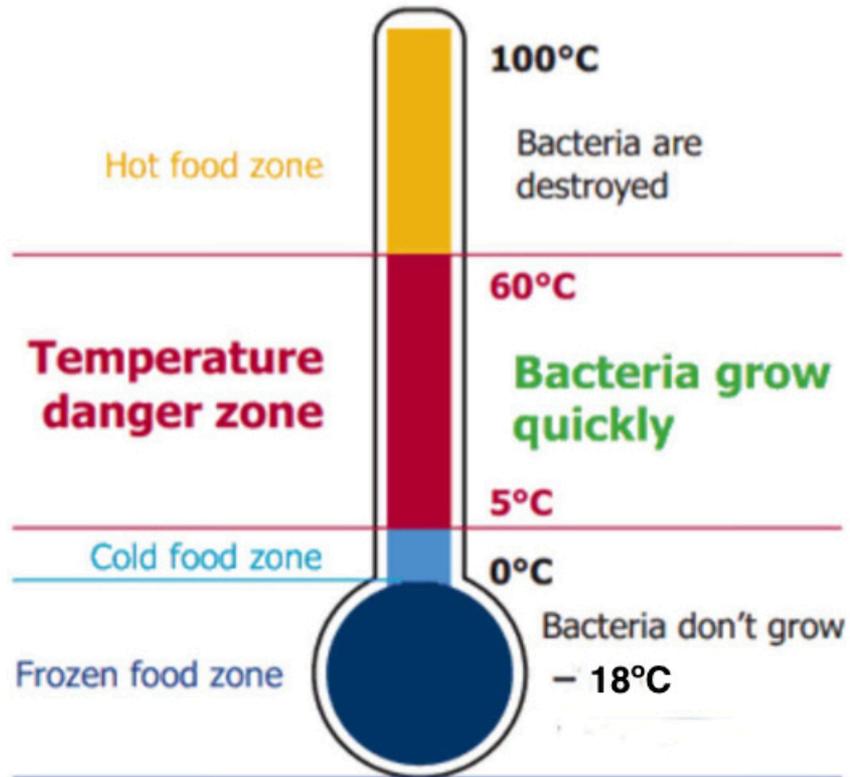
- What does sanitation mean?
    - Keeping harmful bacteria down to as small a number as possible.
  - How can we do this?
    - Keeping food at the right temperature
    - Keep the kitchen clean
    - Keep yourself clean
    - Keeping germs from spreading
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# KEEP FOOD AT THE RIGHT TEMPERATURE

- When you prepare and serve food, keep its temperature out of the danger zone.
- Basic rules:
  - Serve hot food while its hot.
  - Keep cold food cold.
  - Thaw frozen food safely.
  - Cook food thoroughly.

# DANGER ZONE

- The temperature danger zone is between 5°C and 60°C, when it is easiest for harmful bacteria to grow in food
- Minimise the time that food spends at these temperatures in order to keep food safe
- Refrigerated food needs to be kept at 5°C or below
- Hot food needs to be kept at 60°C or above



# KEEP THE KITCHEN CLEAN

- Cleanliness is very important when working in the kitchen.
  - Clean the kitchen regularly. (everyday in foods class)
  - Keep pets out.
  - Keep work area clean. Wash countertop before you begin.
  - Keep dirty dishes in the sink away from where your preparing food.
  - Separate towels for wiping dishes and wiping your hands.
  - Rinse empty bottles and containers then recycle them.
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# KEEP YOURSELF CLEAN

- You don't want to transfer dirt or harmful bacteria from yourself or clothes to food.
  - Before you begin:
    - Are you wearing clean clothes and a clean apron?
    - If your hair is long, is it tied back to keep out of food?
    - Have you scrubbed your hands and fingernails with soap and water?
    - If you have a cut or sore on your hands, notify the teacher.
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# AVOID SPREADING GERMS

- After you start working:
  - If you went to the bathroom, scrub your hands again.
  - Do not cough or sneeze into the food. Turn away and cover your mouth.
  - If you taste the food during cooking, use the tasting spoon only once!

# AVOID CROSS-CONTAMINATION

- Raw meat, poultry, fish, and eggs can contain harmful bacteria. Cooking kills the bacteria in food itself. But while you prepare these foods, harmful bacteria gets on your hands, utensils and work surface.
- Take these steps:
  - Wash equipment used for raw food before it is used again.
  - Wash the counter and your hands with hot, soapy water before handling other food.
  - Never put the cooked food back on the same plate that was used to hold the raw food.

# TEAMWORK IN THE FOODS LAB

- Teamwork is key to success in the lab.
  - Everyone needs to cooperate and work together.
  - Suggestions:
    - Prepare your work plan together
    - Work efficiently
    - Work is divided equally
    - Take responsibility
    - If you finish your job, help your group!
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# EXPECTATIONS

- Before the foods lab:
  - Be on time
  - Wash your hands
  - Put on a clean apron
  - Tie your hair back
- During the foods lab:
  - Get recipe from teacher and watch any demos.
  - Put clean dishes away from last class.
  - Make work plan with group – get approved by Ms. B!
  - Gather food and equipment.
  - Cook!
- After the foods lab:
  - Eat or pack up food.
  - Clean kitchen – cannot leave until it is clean!

**Follow all  
foods room  
lab rules!**

# FOODS ROOM RULES

**Cooking is a privilege! This is not your house – this is a foods lab. You must ask to get items from the fridge, freezer or pantry.**

1. Work in your assigned kitchen with your assigned group.
2. Wash hands with warm soapy water and dry with paper towel.
3. Horse playing of any kind is NOT permitted in the lab.
4. Keep talking to a minimum, no yelling!
5. No cell phones in kitchens.
6. Use common sense!
7. Follow instructions for your lab exactly!
8. Treat all classmates, appliances and equipment with respect.
9. Clean kitchens thoroughly before beginning lab and at the end of the lab. Sign out of kitchen and get it approved by Ms. B.
10. Any rules broken will result in consequences.

# FOODS CONTRACT

- Read and sign contract!
- Hand in to Ms. Bodnarchuk

# VIDEOS

- <https://www.youtube.com/watch?v=IA8IW5abQTg>
- <https://www.youtube.com/watch?v=6sWxa1vR0zU>