

Name _____ Period _____ Table _____

Unit Two Safety and Sanitation

SAFETY ASSIGNMENTS	POINTS POSSIBLE	Your SCORE
Keeping Food Safe Worksheet	30 Points	
Kitchen Safety Assignment	25 Points	
First Aid Notes	10 Points	
Sanitation Guidelines Worksheet	50 Points	
Lab-	25 Points	
TOTAL	___ Points	

Standard 2

Safety and Sanitation

Objectives:

1. Identify safety practices for using electric appliances.
2. Explain how to extinguish a grease fire
3. Explain why cleaning supplies should be stored away from foods.
4. Discuss ways to prevent burns, fires, falls and electrical shock
5. Identify proper first aid for cuts, burns, and electrical shock.
6. Identify proper hand washing and dishwashing techniques.
7. Discuss disinfecting of work surfaces
8. A food borne illness results from eating contaminated foods. Foods will look and smell normal.
9. Identify ways to prevent food borne illnesses to include: proper hand washing, sanitize work surfaces, cross contamination, keep hot foods hot and cold foods cold, use hot soapy water to wash dishes, properly cool cooked foods, safest way to thaw meat is in the refrigerator on the bottom shelf.

First Aid Notes

Ways to prevent POISONING and CHEMICAL CONTAMINATION:

Basic First-Aid for:
CUTS:

BURNS:

Proper First-Aid for ELECTRICAL SHOCK:

Numbers to call in case of an EMERGENCY:

- 1.
- 2.
- 3.

Kitchen Safety

Directions: You will go with your table to each of the kitchens set up for the activity. You need to look in the kitchens, read the scenarios given, find the safety hazards or rules presented, and write the answers on your worksheet.

1. Do not touch any electrical plugs, switches, or appliances _____.
2. Keep all hazardous products _____ and _____.
3. Never leave a pan of grease _____.
4. Never stand or work near water _____.
5. Pesticides & insecticides can be _____.
6. Disconnect appliances by the _____.
7. Do not allow oil to _____.
8. Unplug the toaster _____.
9. If grease ignites, use _____.
10. Turn all pan handles inward _____.
11. If someone receives an electric shock _____.
12. If you must use a match to light a gas range _____.
13. Use a rope or wooden stick to _____.
14. To avoid a steam burn _____.
15. Keep knives sharp: _____.
16. Do not try to catch _____.
17. Never pick up glass with bare hands: _____.
18. Never use fingers to dislodge something: _____.
19. Use knives properly: _____.

Sanitation Guidelines

Hand Washing Technique

You must wash your hands up to the _____ with _____ and _____ water for at least _____ seconds.

Make sure that you wash your hands after using the _____, sneezing, _____, or touching _____ or hair. Also, you MUST wash your hands after handling raw _____, _____, and _____ and before any _____.

Dish Washing Technique

Please number the following the correct sequence for washing dishes:

- _____ Scrape, rinse, and stack dishes
- _____ Clean silverware
- _____ Clean pots and pans
- _____ Clean dinner dishes
- _____ Clean and wash out sink
- _____ Fill sink with hot, soapy water
- _____ Clean glassware
- _____ Clean preparation dishes and utensils
- _____ Run garbage disposal/clean food out of sink

When cleaning knives, _____ drop into _____. Wash each one _____ to prevent getting cut.

Use hot, soapy water to wash. Use _____ water to _____ dishes because they will dry _____.

Don't _____ on dish towels: use separate towels so dishes don't get _____ on them.

_____ utensils should not sit in water and should be dried right after washing.

Disinfecting Work Surfaces

Keep as _____ as you can be.

Disinfectant solution: _____ bleach per _____ of water.

Always sanitize _____ and _____ after working with _____ products.

When to Use Gloves in the Kitchen

Wear gloves when there is a _____ or _____ on your hand.

Wear gloves when handling _____ amounts of food for a large quantity of people.

Wear gloves when cleaning up _____.

Appropriate Clothing and Hair Covering

Keep _____ away from face, _____ if long, cover hair with a _____ or _____, especially if cooking for public or large quantities of food.

Keep _____ and _____ clean: bacteria could be on them that can contaminate food.

Keep _____ away from _____ heat and _____.