Safety and Sanitation in the Kitchen

**Cleanliness**

The bacteria which cause some types of food poisoning are often passed on the food by the person who prepares it. The germs are present on the skin, in the nose and in the throat and can be transferred to the food by people who are careless when near the food.

**Keep these things in mind… you must:**

* Keep hands \_\_\_\_\_\_\_\_\_\_\_\_\_. Wash for \_\_\_\_\_ seconds, using \_\_\_\_ soapy water.
* Wash hands after \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_
* Have hair \_\_\_\_\_\_\_ back.
* Wear an \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can occur if you don’t clean utensils between uses.

Keep countertops \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ to avoid trips and falls.

Put garbage in proper \_\_\_\_\_\_\_\_\_\_\_\_\_, so messes don’t attract bugs or \_\_\_\_\_\_\_\_\_.

**Knives:**

When using a knife, make sure it’s \_\_\_\_\_\_\_\_\_\_\_.

Always cut \_\_\_\_\_\_\_\_\_ from yourself.

Lay sharp knives and peelers \_\_\_\_\_\_\_\_\_\_\_ aside after using. \_\_\_\_\_\_\_ put knives into a sink of soapy water.

**Fires:**

When the fire alarm goes, turn off all \_\_\_\_\_\_\_\_ and elements on the \_\_\_\_\_\_\_\_\_. Leave the room quickly and quietly, staying with the rest of the class. Do not \_\_\_\_\_\_\_.

If grease catches fires, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the heat and throw \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_ on it. Never put \_\_\_\_\_\_\_\_\_\_\_\_ on a grease fire. If it is possible you can also put on a tight fitting \_\_\_\_\_\_\_.

If clothing catches fire wrap a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tightly around him or her.

Where is the fire extinguisher?

Never put books, papers, pot holders, etc on the \_\_\_\_\_\_\_\_\_\_

Where is the fire exit?

Evacuation… make sure that \_\_\_\_\_\_\_\_\_\_\_ leaves. Gather in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ areas, and stay as a class.

**Burns:**

Turn handles of saucepans \_\_\_\_\_\_\_\_\_\_\_ to avoid accidental tipping, but do not have them directly above another element.

Lift lids off pots so that steam will rise \_\_\_\_\_\_\_\_\_\_\_ from you.

Handle hot utensils with \_\_\_\_\_\_\_\_\_\_\_, but be sure they are dry. Never use a tea towel, dish towel, paper towel or your apron.

When taking something out of the oven pull out the \_\_\_\_\_\_\_\_\_\_ entirely, first.

For minor burns, hold the burned part under \_\_\_\_\_\_\_\_\_\_\_\_\_ running water for several \_\_\_\_\_\_\_\_\_\_\_, or until pain is gone.

**Appliances:**

\_\_\_\_\_\_ plug in appliances when your hands are \_\_\_\_\_\_\_\_.

To unplug pull the \_\_\_\_\_\_\_\_\_ not the \_\_\_\_\_\_\_\_\_.

Do not use a \_\_\_\_\_\_\_ to pull toast out of the toaster.

**Other Precautions:**

Wipe up \_\_\_\_\_\_\_\_ as soon as they occur.

Keep \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ closed when not in use.

If glass is broken, use a broom to collect \_\_\_\_\_\_\_\_\_ pieces then use a damp \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to pick up smaller shards.

Use \_\_\_\_\_\_\_\_\_ spoons to stir on the stove, metal ones conduct heat.

Use towels for \_\_\_\_\_\_\_\_\_\_\_ dishes, not flicking other students.