

Being Safe in the Kitchen



Directions: Identify the following practices as “safe” or “unsafe” on the lines provided. For those that are unsafe, explain why on the lines provided as well.

1. Janet pulled her long hair out of her face and up into a pony tail before she started cooking.

Safe

2. Kimberly started preparing dinner while wearing flip flops.

Unsafe, you should always wear closed toe shoes.

3. Tonya finished washing her hands and went immediately back to chopping the vegetables. Since her hands were wet, she dropped the knife and tried her best to keep it from cutting her foot or hitting the floor.

Unsafe, you should never try to catch a falling knife and always make sure your hands are dry when working in the kitchen.

4. After cooking, John cleaned the stove top and oven to keep anything left over crumbs or spills from catching on fire.

Safe

5. Sonya baked potato had gotten cold even though it was still in the aluminum foil, so she put it in the microwave to quickly reheat it.

Unsafe, you should never put aluminum foil or any metals inside the microwave.

6. Corey decided to let his younger brother use a dull knife to cut his sandwich instead of a sharp one since he was younger.

Unsafe, you should never use a dull knife and should always monitor kids in the kitchen.

7. Shanti went to the restroom and washed her hands immediately upon re-entering the kitchen before she began her food preparation.

Safe

8. Betty tilted the lid away from her face to let the steam out before looking in to check on her soup.
Safe
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9. Robert had only put the roast in the oven for about 5 minutes and decided to take it out quickly with his hands to finish seasoning it.
Unsafe, you should always use oven mitts or a pot holder when taking anything out of the oven.
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10. Clifford hung the paper towels above the oven so that they would be in easy reach in case of a spill.
Unsafe, you should never place anything flammable above the stove, it could easily catch on fire.
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11. Since the food had dried on the knives, Kandi put them in the soapy dishwater to soak.
Unsafe, you should never place knives in soapy dishwater where they cannot be seen.
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12. Steve always remembers to turn the pan handles toward the back of the stove while cooking.
Safe
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13. Sharon took the fire extinguisher out of the kitchen to keep her baby from playing with it like it was a toy.
Unsafe, you should always have the fire extinguisher in the kitchen in case of an emergency.
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14. Justin immediately stopped what he was doing to clean up a spill on the floor.
Safe
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15. Sandra was in such a rush that she used the same cutting board for her vegetables that she had just used to cut and season her chicken.
Unsafe, you should always use separate cutting boards for vegetables and meat to prevent cross contamination.
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16. Clara dropped a glass and it shattered and she decided to pick up the big pieces with her hand and then she would come back later with a broom to clean up the remaining pieces.
Unsafe, you should never clean up broken glass with your bare hands, and should always make sure to clean up broken glass immediately.
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17. Jamie wanted to taste her mix real quick to see if it needed any more seasoning, but suddenly had to sneeze. After wiping her hands on her apron, she stuck her finger in the bowl to taste it and sure enough, it needed more salt.
Unsafe, you should always wash your hands after sneezing and never use your finger to taste foods.
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18. Haley was in the kitchen cooking when she noticed that the red light was not lit on the smoke alarm. She checked the fire alarm to see if the batteries needed to be changed and they did, however, the phone rang and she went to answer it in the other room and left her food on the stove cooking.

Unsafe, you should never leave food on the stove unattended and always need to keep your fire alarm working.

19. Chris made sure to unplug all appliances before starting to wash dishes.

Safe

20. After dinner, Dana's mom told her to put up the leftovers. However, Dana received a phone call and left them out all night. The next morning before Dana's mom got up, Dana put the leftovers in the refrigerator.

Unsafe, you should always store food safely within 2 hours.
