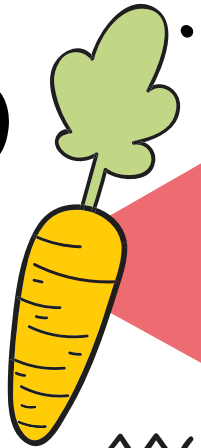
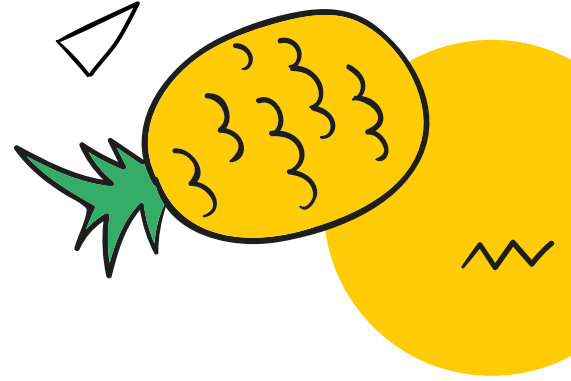




Cooking At Home



Safety is #1 - Watch Video



Video 1





Food Safety Tips

- 1. Clean:**
The first rule of safe food preparation!
- 2. Separate:**
Don't give bacteria a chance to spread!
- 3. Cook:**
Kill harmful bacteria!
- 4. Chill:**
Refrigerate foods quickly!



**4 steps to food
safety**



Step 1

Clean

Let's watch a video on how to wash our hands and food properly for preparation

Video 2





Step 2

Separate raw & cooked

One way bacteria get into our food is if we contaminate cooked food with raw food.

Let's watch a video

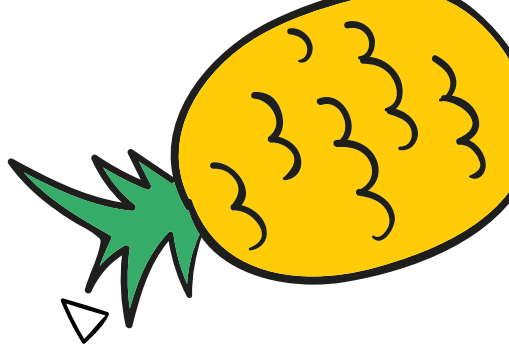
Video 3





Step 3

Cooking to right temperature



Video 4



Step 4

Chill

- Refrigerate groceries as soon as you get home
- Chill leftovers within 2 hours
- Defrost meat in refrigerator, cold water, or microwave



Video 5



01

Clean

02

Separate



03

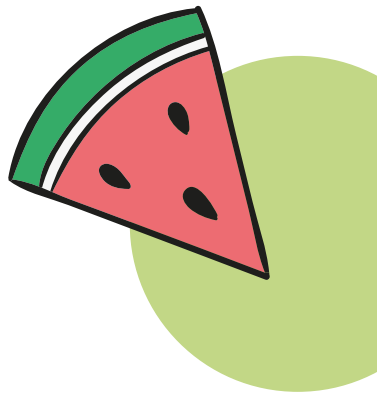
Cook

04

Chill



Basic Knife Skills



Safety is #1

**DO NOT
CUT YOUR
FINGERS OFF!**



Video 6





Food Preparation Safety Quiz

Watch this video and name all the things we should **NOT** do in the kitchen

Video 7





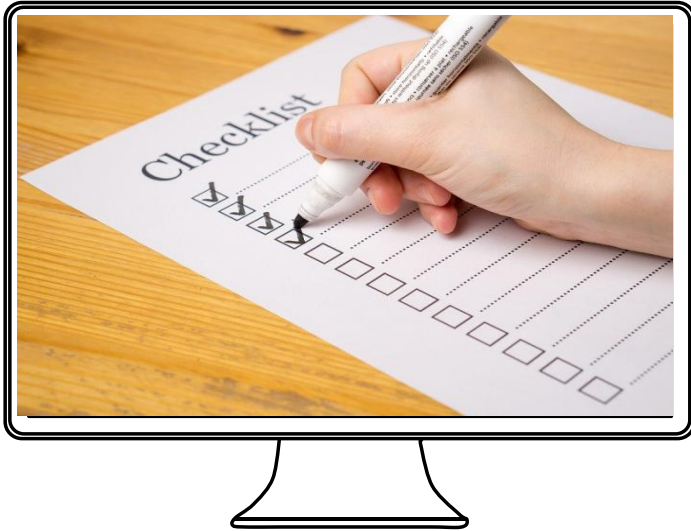
● How many things did you find wrong? Here are some examples...



- Hair – might be a good idea to tie up the hair during cooking to avoid contamination.
- Contaminated salt and pepper
- Cutting board - She placed raw meat and produce on the same cutting board.
- Did not wash hands after handling raw meat especially poultry.
- Coughed on her hand and did not wash them.
- Wiped her hands on the kitchen towel without washing hands and reused it to handle cooked food.
- Scratched her head and didn't wash hands.
- Spilled dressing without cleaning up. A slipping hazard.



Lesson Checklist



- Review food preparation safety – always wash hands before preparing food!
- Use Exercise Log Sheet to track this week's exercise.
- Record this week's weight.