

Food, Nutrition & Wellness

Reteaching Activities



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Are You Safe in the Kitchen?

Directions: Rate yourself on kitchen sanitation and safety by placing a check in the appropriate column for each task. If you do not check the first column, tell how you could improve.

Task	Always	Most of the time	Some of the time	Usually not	Never	Ways I could improve
1. I wash dishes in hot soapy water.						
2. I rinse dishes in hot water.						
3. I wash my hands before I begin work.						
4. I use clean dishcloths and towels for the dishes.						
5. If I drop a utensil on the floor, I wash it before using it.						
6. I use a clean spoon each time I taste.						
7. I keep hot food hot.						
8. I refrigerate cooked food immediately after serving.						
9. I refrigerate custard and cream pies as soon as they have cooled slightly.						

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Are You Safe in the Kitchen? continued

Task	Always	Most of the time	Some of the time	Usually not	Never	Ways I could improve
10. I use potholders when putting items into and taking them out of the oven.						
11. I turn cookware handles away from the front of the range.						
12. I do not overload electrical circuits.						
13. I know how to use the fire extinguisher.						
14. I know what to do in case of fire.						
15. I do not drop knives into the dishwasher.						
16. I discard cracked or chipped glasses.						
17. I wipe up spills immediately.						
18. I do not keep knives loose in a drawer.						
19. I keep my hands away from my face and hair when working with food.						