

Discovering Life Skills

Chapter 21: Working in the Kitchen

Chapter Summary

Foodborne illness, also called food poisoning, is an illness caused by unsafe food. Food can become unsafe because of bacteria, parasites, fungi, viruses, and harmful chemicals. Keeping food safe can prevent food becoming infected with harmful bacteria. By following some simple procedures when handling and preparing food, you can reduce the risk of food contamination. Store food properly and quickly after you are finished eating, and cook meat fully before serving.

The most common kitchen accidents include falls, burns, fires, cuts, and electric shocks. These types of accidents are usually preventable if you develop good, safe work habits. For your kitchen, many types of utensils and cookware are available. The best cookware to use depends on the type of food you are cooking and where you are cooking it. Large kitchen equipment including stoves, convection ovens, microwave ovens, refrigerators, and dishwashers can also make food preparation easier.