

# To be able to identify the key features of kitchen hygiene and safety



**How many hazards can you spot in this kitchen?**



**2 minute challenge....**  
**What about**  
**this one?**



# What else can be dangerous in the kitchen?

There are millions of **bacteria** living all around you. Bacteria are invisible germs that can grow, multiply, and make you sick if you allow them into your body. In your kitchen, bacteria can lurk anywhere. Like a spy avoiding detection, bacteria can hide out on your counter tops, utensils, and even inside the little holes of your kitchen sponge.

# What are the key things we need to remember?

- Always wash your hands before preparing food and after touching raw meat, chicken, fish and shellfish, raw vegetables and eggs.
- Check that your hands are clean before feeding.
- Remember to wash hands after touching pets and going to the toilet, and before eating.
- Keep surfaces clean and keep any pets away from food or surfaces where food is prepared or eaten.
- Thoroughly wash all bowls and spoons used for feeding in hot soapy water, and make sure chopping boards and utensils are also kept clean.
- Keep raw meats and eggs covered and away from other foods in the fridge, including cooked or ready-to-eat meats – you should always store raw meats in clean, covered containers at the bottom of the fridge to prevent any drips from falling onto other foods.
- Cook all food thoroughly and cool it until lukewarm before giving it to your child.
- Don't save and reuse foods that your child has half eaten.
- Wash and peel fruit and vegetables such as apples and carrots.



## KITCHEN SAFETY

**Avoid Cuts**

**Making Your Cut...**  
Use a food or a utility knife with a sharp blade. Cut away from yourself. Use the thumb to hold the food. Use the index finger to hold the knife.

**Safety First...**  
Wash knives and other sharp objects immediately. If you wash, hold the knife with the blade away from you.

**Use a Sharp Edge...**  
Blunt knives are more likely to slip, causing a hand injury. A dull knife is a safer knife.

**Check Safety...**  
Never use a utility knife to cut through electrical wires. Use a utility knife to cut through electrical wires only when you are sure you know what you are doing.

**Always Turn...**  
Always use a handle to open a lid or a container.

  
**KEEP CALM AND THINK FOOD SAFETY**

KeepCalmAndPosters.com

### SAFETY HAZARDS IN THE KITCHEN ARE EVERYWHERE

**STAY ALERT!**

## Wash Your Hands!

- 1 Wet Hands**
- 2 Soap**
- 3 Wash for 15 seconds**
- 4 Rinse**
- 5 Dry**
- 6 Turn Off Water with Paper Towel**

Interior Health

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# **Task:**

**Using the key images from the last two slides create your own kitchen safety poster.**

**Include information about food hygiene and even include anything that you learned when cooking at home and the importance of handwashing.**

# What should my poster include?

- Clear, catchy title
- A border if you wish
- Clear facts or headlines in bold
- How to be safe and hygienic in the kitchen, including some the things from the list.
- Illustrations, or diagrams and pictures to show the things we need to be aware of.

