Kitchen & Food Safety

Kitchen Safety Showdown Video: (14 min)
The Ice Man vs. The Heat take on Burns/cuts, Strains/falls, Chemicals/equipment

- Dull knives are more dangerous than _________ knives.
- When cutting, your fingers should be ____________
- For extra safety while cutting, you may use a protective ____________.
- To prevent a cutting board from moving, you should place a slightly wet _________ under the cutting board.
- When using a deep fryer with very hot oil, you should use fryer ____________ and utensils with long ____________.
- ____________ is essential in a kitchen. Cooks will say “behind you” as they pass behind someone so they don’t back up without looking.
- You should not wear _________ flops or open toed _________ in a kitchen.
- Slip ________________ shoes are the safest for kitchens.
- All spills should be cleaned up ________________.
- It is important to keep walkways ________________.
- You should always choose the right _________ for the job.
- Never put or leave a knife in a sudsy _________. Never keep a knife loose in a ________________.
- It is important to always use proper and dry _________ mitts.
- Inspect equipment before ________________ it into the outlet.
- Always unplug and shut down appliances before ________________.
- Spray bottles must always be ________________ in the kitchen.
Food Safety Training Video: (9 min)

As you watch the video, list the 15 mistakes that the food service worker makes.
1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 
15. 

What is the proper handwashing technique:
a.  
b.  
c.  
d.