

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.