

## Objective

By the end of this lesson, the student will be able to identify key kitchen safety practices, understand the importance of hygiene in food preparation, and demonstrate safe handling techniques for various kitchen tools and ingredients.

## Materials and Prep

- Notepad and pen for notes
- Kitchen utensils (knife, cutting board, measuring cups, etc.)
- Cleaning supplies (dish soap, sponge, disinfectant wipes)
- Ingredients for a simple recipe (e.g., fruits or vegetables)
- Access to a sink for washing hands and utensils

Before starting the lesson, ensure that the kitchen area is clean and all necessary materials are readily available. Review basic hygiene practices like handwashing and the importance of a clean workspace.

## Activities

- **Kitchen Safety Scavenger Hunt:**

Set up a scavenger hunt in the kitchen where the student has to find and identify items related to kitchen safety. For example, they can locate the fire extinguisher, first aid kit, or proper storage for sharp knives. Each item found will require a brief explanation of its importance.

- **Handwashing Challenge:**

Demonstrate the proper handwashing technique and then challenge the student to wash their hands while singing "Happy Birthday" twice. Discuss when and why handwashing is essential in the kitchen.

- **Safe Cutting Techniques:**

Using a soft fruit or vegetable, demonstrate safe cutting techniques. The student will practice these techniques while discussing why they are important for preventing injuries.

- **Cleaning Race:**

After preparing a simple recipe, have a cleaning race to see who can clean their area the fastest while following proper cleaning protocols. Discuss the importance of cleaning up as you go to maintain a safe cooking environment.

## Talking Points

- "Always wash your hands before handling food. It's the first step to keeping everything safe!"
- "Keep your workspace clean. A cluttered kitchen can lead to accidents!"
- "Use cutting boards for food prep to avoid cross-contamination. It keeps your food safe to eat!"
- "Store sharp knives safely. Always put them away in a designated drawer or rack."
- "If there's an accident, know where the first aid kit is. It's better to be prepared!"
- "Never leave cooking food unattended. It can lead to burns or fires!"

- "Remember to always use oven mitts when handling hot pots and pans. Safety first!"
- "If you're unsure about something, don't hesitate to ask for help. It's okay to seek guidance!"