



Safety & Sanitation



THE SAFE KITCHEN

1. Keep food, water or grease spills wiped up quickly.
2. Keep pan handles turned away from range edge, but not over the heating elements.
3. Use dry pot holders when touching hot pans or utensils.
4. Cut away from yourself on a cutting board when using knives or sharp objects.
5. Do not handle electric appliances with wet hands.
6. Grasp the outlet plug, not the cord, when disconnecting appliances.
7. Close drawers and cabinets after using.
8. Be careful to place knives and sharp utensils where they can be seen in the dishwasher.
9. Use flour or baking soda to put out a fire on the range. Do not use water.
10. Do not place knives or metal utensils in a plugged in appliance, such as a toaster.
11. Be certain to double-check that all range knobs and ovens are off before leaving a kitchen.
12. Keep dishcloths, potholders, paper, hair and clothing away from flames and burners.
13. When removing lids, tilt the lid away from you to avoid steam burns.
14. Make sure to have a fire extinguisher handy in a kitchen.

THE SANITARY KITCHEN

4 TYPES OF FOOD POISONING:

- | | | | |
|----------|---------------|----------------|-------------|
| 1. Staph | 2. Salmonella | 3. Perfringens | 4. Botulism |
|----------|---------------|----------------|-------------|

Most food poisoning is caused by bacteria, or small organisms in the food. Moisture and heat provide the perfect environment for bacteria to grow. Common bacteria sources include cutting boards, sponges, dish towels, knives, utensils and counter tops.

TEMPERATURES FOR FOOD SAFENESS

Temperature - F	Description
240 - 250	Canning temperatures in pressure canner
212- 240	Canning temperatures for high- acid foods (fruits)
165 -212	Cooking temperatures - Most bacteria are destroyed
140-165	Warming temperatures - No bacterial growth. Some bacteria survive.
125 - 140	Some bacterial growth. Many bacteria survive.
60 - 125	FOOD DANGER ZONE - bacteria grow rapidly and produce toxins
40 - 60	Some growth of food poisoning bacteria may happen
32 - 40	Slow growth of some bacteria that cause food spoilage
0 - 32	Freezing temperatures - No bacterial growth. Some bacteria survive.

Kitchen Safety Lesson Plans High School

Jianjun Gao



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