



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Kids have to know when they need help from an adult assistant, how to keep things clean, and how to use kitchen and cooking utensils safely. That way, no one will get cut or burned, or sick from food poisoning. These activities will help your students understand basic precautions to take when handling food and cooking.

Related KidsHealth Links

Articles for Kids:

Food Poisoning

KidsHealth.org/en/kids/food-poisoning.html

What Are Germs?

KidsHealth.org/en/kids/germs.html

Why Do I Need to Wash My Hands?

KidsHealth.org/en/kids/wash-hands.html

The 5-Second Rule

KidsHealth.org/en/kids/5-seconds.html

Being Safe in the Kitchen

KidsHealth.org/en/kids/safe-in-kitchen.html

Take a Look at Cooking

KidsHealth.org/en/kids/look-at-cooking.html

E. Coli

KidsHealth.org/en/kids/ecoli.html

Salmonellosis

KidsHealth.org/en/kids/salmonellosis.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Name some of the things you have to do in the kitchen to make sure no one gets hurt. Why is it important for kids to cook with an adult?
2. Is it OK to eat raw meat or unwashed fruits and vegetables? What is food poisoning? Do you know anyone who has had it?
3. When was the last time you ate leftovers? How long can food stay in a refrigerator and still be safe to eat?
4. Have you ever heard about “the 5-second rule”? Is it correct?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Top 10 Kitchen Tips

Objectives:

Students will:

- Learn safe food-handling and cooking practices

Materials:

- Computer with Internet access, “Top 10 Kitchen Tips” handout for teachers
- Cooking and food magazines
- Chart paper, scissors, markers, tape or glue

Class Time:

- 1 hour

Activity:

Today we’re going to learn how to be safe while you’re cooking. We’re also going to help teach the whole school about what we learned. First, we’ll read through the KidsHealth.org articles to learn all the safety tips, then we’ll brainstorm a list of the tips and vote on what we think are the most important things to remember about handling food safely and cooking safely in the kitchen. [Note to instructor: After reading the KidsHealth.org articles, ask your students to name as many food safety tips and cooking safety tips as they can. Discuss and decide which are the five most important tips in each category. Write the tips on the “Top 10 Kitchen Tips” handout.] Now that we have our Top 5 Food Safety Tips and Top 5 Cooking Safety Tips, we’ll divide the class into two groups. Using the magazines, each group will cut out pictures that can illustrate each tip and we’ll create two murals. [Note to instructor: Hang the murals in the hallway or cafeteria so the whole school can benefit from the safety tips. Students can also make small tip sheets to put on their fridges at home.]

Extension:

Ask a chef from the school cafeteria or a local restaurant to give a presentation to the class, demonstrating some food and cooking safety and explaining why they are so important.



Ingredients for a Safe Kitchen

Objectives:

Students will:

- Learn, demonstrate, and share five food and cooking safety methods
- Write a recipe

Materials:

- Computer with Internet access, "Ingredients for a Safe Kitchen" handout
- Pencil or pen

Class Time:

- 45 minutes

Activity:

Today, I'm going to give you some homework to do over the next week. Bring the "Ingredients for a Safe Kitchen" handout home, and ask a parent to help you cook or bake a dish. As your parent helps you cook, think about the safety measures you're taking to avoid getting food poisoning or getting hurt. On the first page of the handout, describe five of the food and/or cooking safety tips you and your parent used, and explain why each tip is so important. Write the ingredients and directions for one of the dishes you created. After the whole class has cooked something, we'll discuss the safety tips, and maybe even share our recipes!

Extension:

Make copies of the safety tips and recipes and create a class recipe book for each student that can be sent home.

Reproducible Materials

Handout: Top 10 Kitchen Tips

KidsHealth.org/classroom/3to5/personal/safety/food_cooking_handout1.pdf

Handout: Ingredients for a Safe Kitchen

KidsHealth.org/classroom/3to5/personal/safety/food_cooking_handout2.pdf

Quiz: Food and Cooking Safety

KidsHealth.org/classroom/3to5/personal/safety/food_cooking_quiz.pdf

Answer Key: Food and Cooking Safety

KidsHealth.org/classroom/3to5/personal/safety/food_cooking_quiz_answers.pdf



Top 10 Kitchen Tips

Instructions: Print on overhead paper or use this on a whiteboard.

Top 5 Food Safety Tips

- 1.
- 2.
- 3.
- 4.
- 5.

Top 5 Cooking Safety Tips

- 1.
- 2.
- 3.
- 4.
- 5.



Name: _____

Date: _____

Ingredients for a Safe Kitchen

Instructions: After cooking or baking a dish or a full meal with a parent, describe five food and/or cooking safety tips you and your parent used, and explain why each tip is so important.

1. _____

2. _____

3. _____

4. _____

5. _____



Name: _____

Date: _____

Ingredients for a Safe Kitchen

My Recipe: _____

Ingredients: _____

Directions: _____





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: It's safe to eat leftovers that have been in the refrigerator for 2 weeks or more.
2. One of the best ways to prevent food poisoning when you're cooking is to wash your _____ with soap and water before you start and after you're done.
3. True or false: You can get sick from raw meats and unwashed fruits and vegetables.
4. If you use a kitchen knife (after a parent says it's OK), the blade should always be pointed _____ from you.
5. True or false: If food does not touch the floor for more than 5 seconds, it's safe to eat.
6. When you're handling hot pots, pans, or baking trays, you should use _____ or _____, not dish towels.
7. True or false: You should not cover a dish of food with aluminum foil before you put it in a microwave.
8. Which is not a symptom of food poisoning?
 - a. upset stomach
 - b. diarrhea
 - c. purple and green spots on your skin
 - d. fever
9. Fill in the blank: Kids should never cook unless _____ is in the room.
 - a. a hungry friend
 - b. a paying customer
 - c. an adult
 - d. a professional chef
10. Before handling, cooking, or eating food, you should always _____.



Quiz Answer Key

1. True or false: It's safe to eat leftovers that have been in the refrigerator for 2 weeks or more.
2. One of the best ways to prevent food poisoning when you're cooking is to wash your hands with soap and water before you start and after you're done.
3. True or false: You can get sick from raw meats and unwashed fruits and vegetables.
4. If you use a kitchen knife (after a parent says it's OK), the blade should always be pointed away from you.
5. True or false: If food does not touch the floor for more than 5 seconds, it's safe to eat.
6. When you're handling hot pots, pans, or baking trays, you should use potholders or oven mitts, not dish towels.
7. True or false: You should not cover a dish of food with aluminum foil before you put it in a microwave.
8. Which is not a symptom of food poisoning?
 - a. upset stomach
 - b. diarrhea
 - c. purple and green spots on your skin
 - d. fever
9. Fill in the blank: Kids should never cook unless _____ is in the room.
 - a. a hungry friend
 - b. a paying customer
 - c. an adult
 - d. a professional chef
10. Before handling, cooking, or eating food, you should always wash your hands with soap and water.