

FORM 3 HOME ECONOMICS 2022.
STRAND 9.1 FOOD AND NUTRITIONS
Sub – strand 9.1.1 Caring for food.
9.1.1.1 KITCHEN SAFETY AND HYGIENE.
TERM 1.

Food – any substance that you eat and drink to gain energy and maintain a healthy body can be classify as food.

Occupational Health and Safety (OH) – Is a multidisciplinary practice dealing with all aspects of health and safety in the workplace, with a strong focus on preventing workplace hazards.

RUES FOR KITCHEN AND SAFETY.

Cooking is fun, but kitchen safety is a priority. There are many pieces of equipment and environmental hazards that can be extremely dangerous. Sharp objects like knives, open fire by the oven, electrical appliances, and even bacteria around the kitchen. Observing basic rules of kitchen safety is a good habit to develop. Always pay attention to what you're doing in the kitchen because one slip can cause serious injury or accidents. To prevent serious injuries or accidents: always pay attention to what you're doing, adopt a plan for kitchen cleanliness, and have necessary safety equipment at your disposal. It's also important to be aware of who is in the space – for example, children should never be left alone in the kitchen!

- Store knives in a wooden block or in a drawer. Make sure the knives are out of the reach of children. Follow these knife safety tips to prevent injury.
- Never cook in loose clothes and keep long hair tied back. You don't want anything accidentally catching fire (not to mention hair ending up in the food!).
- Never cook while wearing dangling jewellery. A bracelet can get tangled around pot handles.
- Keep potholders nearby and use them! Be careful not to leave them near an open flame.
- Turn pot handles away from the front of the stove. Children can't grab them, and adults can't bump into them if they're out of the way.
- Don't let temperature-sensitive foods sit out in the kitchen. Raw meat, fish, and certain dairy products can spoil quickly, so refrigerate or freeze them right away.
- Wipe up spills immediately. Keep the floor dry so that no one slips and falls.

- Separate raw meat and poultry from other items whenever you use or store them. This precaution avoids cross-contamination of harmful bacteria from one food to another.
- Wash your hands before handling food and after handling meat or poultry. Hands can be a virtual freight train of bacteria.
- Get a fire extinguisher for your kitchen. This device may not do much for your cherries jubilee, but it can avert a disaster. You should do your best to prevent a kitchen fire, but sometimes it's out of your hands. So, make sure you know how to use the extinguisher before a fire breaks out. You can't waste any time reading the directions amidst the flames.

Common accidents in the kitchen.

1. BURNS

How many times have you touched a pot or pan that is still hot?

How often have you tasted a sauce or soup and it is too hot to taste.

Most burns will occur after you have removed you're cooking from the oven and it is still burning hot but sitting innocently on your bench top.

There is no sensible reason why you would want to touch something that's hovering around a couple of hundred degrees but most of us have done it.

Other burns occur whilst either putting something or taking it out of the oven or touching a hot pan.

2. FIRE

Never, ever, ever leave a cooking pot unattended. With our busy lifestyles, smart phones, iPads, televisions it is easy to forget something or become distracted.

A ringing phone has many times become the catalyst for a major kitchen accident. If there is one area of your home that should be phone free then it is your kitchen especially when you are cooking.

If you have something cooking and you have to leave the kitchen please check back frequently.

Also be careful on how the handles of the pots are facing and remember that small hands can touch them as well. So keep them out of reach.

3. BURNING CLOTHES

Do you remember the scene from the movie "Mrs Doubtfire", when she reached over the cooking and started to burn her clothes?

Leaning across a burner, especially a gas burner can easily lead to a fire.

Remember to use the correct oven mittens and not towels. Towels can easily hang down, get caught or rest against something hot and begin to burn.

As dumb as it sounds, fire related accidents are the most common ones and the ones that could be because you more harm, as well. Avoid wearing loosely fitted clothing while cooking. Sleeves, sashes and shirt tails can get caught on knobs or catch fire.

4. SLIPPING ON SOMETHING IN THE KITCHEN

We use a variety of liquids in the kitchen; water, oil, vinegar, wine etc. Most of these when spilt on the floor, will be invisible to the naked eye, or we are distracted doing something else and we don't see them.

Slipping on something you have spilt is the easiest way to get injured in the kitchen, or someone else slipping as they walk into your kitchen.

The majority of these accidents go unreported since there aren't a lot of people anxious to brag about their own accident.

Between all the oils, liquids, and even flour that gets tossed around in the average kitchen there's plenty of ways to create your own little skating rink. Even small puddles of liquid can cause you to slip and fall.

5. SPILLING BOILING WATER

Another seemingly avoidable accident that typically comes about from just not paying close attention to what's going on. Knocking over a pot of boiling water (or a similar hot item) is a great way to immediately ruin even the best of days. Sometimes it's the result of a handle that was left askew, and other times it's a misplaced elbow bumping into something it shouldn't have. Either way, spilling hot water on yourself is a clumsy accident that can do a huge amount of damage.

6. CUTTING YOURSELF

Cutting yourself while attempting to slice food claims more fingers and palms than any other item. Knives Are More Threatening Than They Look! Be sure to keep your knives in a safe place in your counter or in your kitchen. If you're not a trained cook, be sure to slice slowly and in a dry enough place.

Do not lose attention and be careful of those little distractions. A well-designed kitchen can help with reducing accidents as you have your cooking triangle, think about how people will enter and exit your kitchen, how many people in your kitchen, using induction cooking.

PREVENTING MEASUREMENTS OF ACCIDENTS THAT OCCUR IN THE KITCHEN.

Preventing Kitchen Fires

Preparing the perfect meal requires a cook's full attention. Limit distractions and fall risks by encouraging crawling babies, toddlers and pets to stay out of the food prep and cooking area (treats may work well for both!) — And employ these best practices:

- ❑ Frying or broiling? Stay in the kitchen to keep an eye on your food.
- ❑ NEVER PUT WATER ON A GREASE FIRE! Keep a pan/pot lid nearby; in a pinch, you can slide it onto the pan to smother a grease fire.
- ❑ Always keep a fire extinguisher near your cooking area.
- ❑ Learn how to properly use your fire extinguisher. In case of fire, remember to P.A.S.S.: Pull, Aim, Squeeze and Sweep
- ❑ Set timers to remind you of cooking times.
- ❑ Keep any items that will melt or are flammable away from cooking surfaces.

Preventing Burns in the Kitchen

Burns can be caused by a number of things: fire, steam, hot oil/grease, hot liquids, a hot oven/stovetop, hot utensils, hot foods, etc. Use these best practices to prevent burns:

- ❑ Always turn pot and pan handles inward, toward the stovetop and wall.
- ❑ Avoid using the microwave to boil water. Superheating water can cause it to spontaneously erupt.
- ❑ Use potholders or oven mitts when removing items from the microwave or oven.

Preventing Cuts When Cooking

Hundreds of thousands of injuries are caused by kitchen knives each year, according to Consumer Product Safety Commission data. Use these reminders to avoid accidental cuts in the kitchen.

- ❑ Always use nonslip cutting boards.
- ❑ Store knives in a block to prevent accidental cuts caused by reaching into a drawer.
- ❑ Keep knives sharp; dull knives pose a greater risk because they require more force.
- ❑ As you cut, hold food with your fingers curled.
- ❑ Never put your hand into a blender, food processor or sink disposal while it's operating.

Poison Prevention

☒ Did you know that some common baking ingredients can be toxic to a small child, if ingested in a large amount? Vanilla extract, which is very high in alcohol content, is easily consumed in large amounts as its tasty and liquid. Nutmeg also can be potentially dangerous if eaten in large amounts. It can cause hallucinations and other serious side effects.

Keep these ingredients out of the reach of small children who might be tempted to ingest them.

ACTIVITY 1

1. Identify the meaning of these terms

Food –

OH –

2. Write an essay about 150 words on how to prevent kitchen from burning and spilling water.