Science of Life Explorations

Celebrate the Growing Year:

Food Safety for You
Handling Foods Safely

If food spoils or comes into contact with pests, it is no longer safe for us to eat. Think about ways you can be safe when handling food at school or at home.

Draw a picture to explain one of the following:

1. Always wash your hands before handling food.
2. Eat food before the expiration date on the package.
3. Do not cut meat and vegetables on the same surface or with the same knife. Wash the surface with hot, soapy water to kill bacteria.
4. Refrigerate or freeze foods that spoil easily.
5. Rinse fruits and vegetables before eating or cooking.
6. What is another food safety rule you know?
Once you understand how to handle food safely, you're ready to learn about preparing food safely.

**Always watch what you are working with.**
Leaving the kitchen while something is cooking is not safe. Your food could be ruined without your care and a fire could breakout!

**Always have an adult help you with the cooking.**
Adults can help you lift heavy things and use the sharper tools for you. And if something catches fire, they'll be able to put it out.

Here's a tip: if oil or grease catches on fire, cover the pot or pan with a lid. This cuts the fire off from oxygen (in the air) and puts it out. Water doesn't put out oil fires very well.

**Always be aware of others while cooking.**
Instead of letting pot handles hang off the stove, turn the handles to the side. This lowers the chances of someone knocking the pot off the stove or a smaller child from pulling the pot onto themselves. Hot food from pots and pans can give people very bad burns.

Also, don't leave sharp tools such as knives laying about.

**Never play around with kitchen tools and equipment.**
You may have seen chefs at special restaurants or on TV that use wild motions when cutting with a knife or flipping food in a frying pan. These are not meant to be repeated by you.

Small, gentle motions will get the job done.
Keep tools and equipment away from your mouth. Items like knives and hot pots or pans are not safe to put near your mouth. Items like spoons and mixing bowls may be licked ONLY when you are finished using them and the food has been placed elsewhere.

If you want to taste test what you are cooking, you may pick a clean spoon or fork to taste with. Once you have put it in your mouth, do not put it back into the cooking food. Put it with the dirty dishes. Have an adult make sure it’s not too hot to taste.

Some additional rules to think about are:

* Always wash your hands with soap and warm water before and after handling food. Repeat often while in the kitchen.

* Clean up messes or spills to avoid slipping and falling.

* Always help wash the dishes you dirtied. Adults will be glad for your help!

Circle the right answer below:
1. You should always turn the handles of pots and pans so that they:
   a. stick outward, making it easier for people bump them or children to grab them.
   b. point to the side where you can still hold them, but they won’t get in anyone’s way.

2. Who should you always have with you when you are preparing food?
   a. an adult  
   b. your baby sister  
   c. the family pet  
   d. an imaginary friend

Write your answer:
3. How do you put out an oil fire on a stove top? _______________________

4. What should you always do before and after touching food? ________________
* Wash your hands, tools, and food before handling and cooking.

* Do not cut vegetables or fruit on the same surface or with the same tools as meat.

* Always have an adult with you when you are cooking or preparing food.

* Don’t play around with kitchen tools and equipment.