

Assignment #1 General Safety – starts p. 108 Discovering Food & Nutrition (28 marks)

Preventing Cuts

1. True or False. It is okay to use a knife to open a can. (1 mark)
2. Why shouldn't you place knives in the soapy water with the rest of the dirty dishes. Explain what could happen (2 marks)
3. If glass breaks in the kitchen, what are three things to remember or to do so that it is cleaned properly. (3 marks)

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Preventing Falls

4. Write down two rules to follow in regards to preventing falls (2 marks)

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Electricity

5. Write down 4 important rules when it comes to using electricity (4 marks)

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Preventing Burns

6. Why should you roll up your sleeves when cooking? (1 mark)
7. True or False – you can use a tea towel to handle hot pans. (1 mark)
8. When you open a lid on a hot pan, which way should you open it and WHY? (2 marks)

9. Which way should handles always be turned when they are on the stove? (1 mark)
10. When you want to take something out of the oven, how should you remove it ? (2 marks)
11. Where is the fire extinguisher in the classroom? (1 mark)

Grease Fires

12. Write down the 2 items to NEVER do with a grease fire. (2 marks)

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13. Write down the 4 items you SHOULD do with a grease fire (4 marks)

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Preventing Poisoning

14. Why shouldn't you mix two household cleaners together? (1 mark)
15. What number do you call if you think someone has been poisoned *tricky* (1 mark)

Assignment #2 – Keeping Food Safe to Eat p. 114 - Discovering Food & Nutrition (24 marks)

Bacteria & Food

1. What is food poisoning caused by? _____ (1 mark)
2. What do they need to multiply? _____, _____, and _____ (3 marks)
3. At what temperature are most bacteria destroyed? _____ Celsius (1 mark)
4. What is the Danger Zone? (1 mark)
5. What is the Danger Zone temperature range? (1 mark)

6. Why is freezing food in a freezer good for us and bad for bacteria? (1 mark)

Keeping Food the right temperature

7. When serving food, you should serve hot food while its _____ and keep cold food _____. (1 mark)

8. What are three ways to thaw frozen food safely (3 marks).

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9. Why isn't it safe to thaw a frozen turkey on the counter until it defrosted (approx. 6 hours). (2 marks)

Keeping yourself clean for the Kitchen

10. At all times while cooking students must: (4 marks, 0.5 each)

- a. Wear an _____, why? _____
- b. Tie up long _____, why? _____
- c. Wash their _____, why? _____
- d. Wear gloves if they have a _____
- e. Not use or touch their cell phone, why? _____

Avoid Spreading Germs

11. When you taste your food with a spoon, what is important to remember? (1 mark)

12. What is cross-contamination? (1 mark)

13. What are three ways to avoid cross-contamination? (3 marks)

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14. If you are unsure whether food has spoiled or not, what is the rule to remember? (1 mark)

Assignment #3 – p. 67 Food, Nutrition & Wellness (15 marks, 0.5 mark each)

Bacteria	Sources – minimum 3	Symptoms – minimum 3
Salmonella		
		Severe abdominal pain, diarrhea, nausea, vomiting
Staphylococcus aureus (Staph)		
	Canned foods that are improperly processed	
	Hot dogs, lunch meats, deli cheese, ready to eat foods	
Virus	Sources – minimum 3	Symptoms – minimum 3
Viral gastroenteritis		

Assignment #4 Signs of Safety - Food for Today – section 7-2 for help (18 marks)

Directions: Identify the practices below as SAFE or DANGEROUS. If the practice is SAFE, write “Safe” on the lines provided. If the practice is DANGEROUS, use the lines to explain why the practice is dangerous.

1. Fran stored the heavy cast-iron frying pan on the top shelf to get it out of harm’s way.

2. Jody put her long hair into a pony tail before she went into the kitchen to cook supper.

3. Doris stapled the microwave cord in place to keep people from falling over it.

4. Debra chose to use knives that were slightly dull so that she would not risk cutting herself.

5. When the butcher knife slipped out of Brenda’s fingers, she tried her best to catch it to prevent it from cutting her foot or damaging the floor.

6. After the bread was finished baking, Josh reached into the oven to pull out the bread.

7. Kate used a damp paper towel to pick up bits of broken glass where the broom would not reach.

8. In order to make sure they were free of any food residue, Dalton put the dirty steak knives into the soapy dishwater to soak.

9. Understanding the importance of a clean oven, Elise mixed two strong cleaners in order to clean it.

10. When Robert couldn’t find a potholder, he grabbed the dishcloth to take the casserole out of the oven.

Assignment # 5 - Whose Job is it? (22 marks)

Job	Duties
Dishwasher	<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6.

	7.
Dish Dryer	1. 2. 3. 4. 5. 6.
Housekeeper	1. 2. 3. 4. 5. 6. 7.
Special Duties & Recipe Captain	1. 2. 3. 4. 5. 6.
Rover	1. 2. 3. 4.

