



[KidsHealth.org/classroom](http://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>

Cooking and baking can be lots of fun, but kids have to know the safety rules so they can avoid injuries or food poisoning. These activities will help your students learn how to prepare and cook food and use the kitchen safely.

## Related KidsHealth Links

### Articles for Kids:

#### Food Poisoning

[KidsHealth.org/en/kids/food-poisoning.html](http://KidsHealth.org/en/kids/food-poisoning.html)

#### What Are Germs?

[KidsHealth.org/en/kids/germs.html](http://KidsHealth.org/en/kids/germs.html)

#### Why Do I Need to Wash My Hands?

[KidsHealth.org/en/kids/wash-hands.html](http://KidsHealth.org/en/kids/wash-hands.html)

#### The 5-Second Rule

[KidsHealth.org/en/kids/5-seconds.html](http://KidsHealth.org/en/kids/5-seconds.html)

#### Being Safe in the Kitchen

[KidsHealth.org/en/kids/safe-in-kitchen.html](http://KidsHealth.org/en/kids/safe-in-kitchen.html)

#### Take a Look at Cooking

[KidsHealth.org/en/kids/look-at-cooking.html](http://KidsHealth.org/en/kids/look-at-cooking.html)

## Discussion Questions

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

1. Do you like cooking or baking? What was the last food you helped make? What kinds of things did you do to be safe in the kitchen?
2. Why is it important to wash your hands before you start cooking?
3. Is it OK to eat food after it falls on the floor? Why?
4. What is food poisoning? Do you know anyone who has had it?
5. Why is it important for kids to cook with an adult?
6. When was the last time you ate leftovers?  
How long can food stay in a refrigerator and still be safe to eat?



## Activities for Students

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

### 10 Ingredients for a Safe Kitchen

#### Objectives:

Students will:

- Learn ways to cook and bake safely to avoid injury
- Learn safe food handling techniques to avoid food poisoning

#### Materials:

- Computer with Internet access
- “10 Ingredients for a Safe Kitchen” handout
- Scissors, crayons or markers, paste or tape

#### Class Time:

- 30 minutes

#### Activity:

Cooking and baking healthy foods can be great fun. You just have to know some of the safety rules before you start. That way you won't get burned or cut, and you won't get sick from germs on food. First, we're going to read two KidsHealth.org articles: "Being Safe in the Kitchen" and "Food Poisoning." Then we're going to make something you can hang on the fridge at home to remind you and your whole family about safe cooking! [Note to instructor: After reading the articles, have your students cut out the shapes with the safety tips on the second page of the “10 Ingredients for a Safe Kitchen” handout. Then they should stick them on the problems that the tips help avoid. For example, the square with “Baggy clothes can catch fire” can go on any of the squares in the cooking pot on the first page of the handout that says “Injury.” Students can color the first page of the handout after they finish sticking the tips in the pot.]

#### Extensions:

- Ask a parent to help you cook a meal at home, and follow all the safety steps you learned. Then draw a picture or write about the meal you cooked on one side of a piece of paper and write the recipe on the other side. Share your recipes with classmates or make a class recipe book.
- Have students make a music video showing what they think are the most important safety tips to remember when cooking or baking.

#### Handout: 10 Ingredients for a Safe Kitchen

[KidsHealth.org/classroom/prekto2/personal/safety/food\\_cooking\\_handout1.pdf](https://kidshealth.org/classroom/prekto2/personal/safety/food_cooking_handout1.pdf)

#### Quiz: Food and Cooking Safety

[KidsHealth.org/classroom/prekto2/personal/safety/food\\_cooking\\_quiz.pdf](https://kidshealth.org/classroom/prekto2/personal/safety/food_cooking_quiz.pdf)

#### Answer Key: Food and Cooking Safety

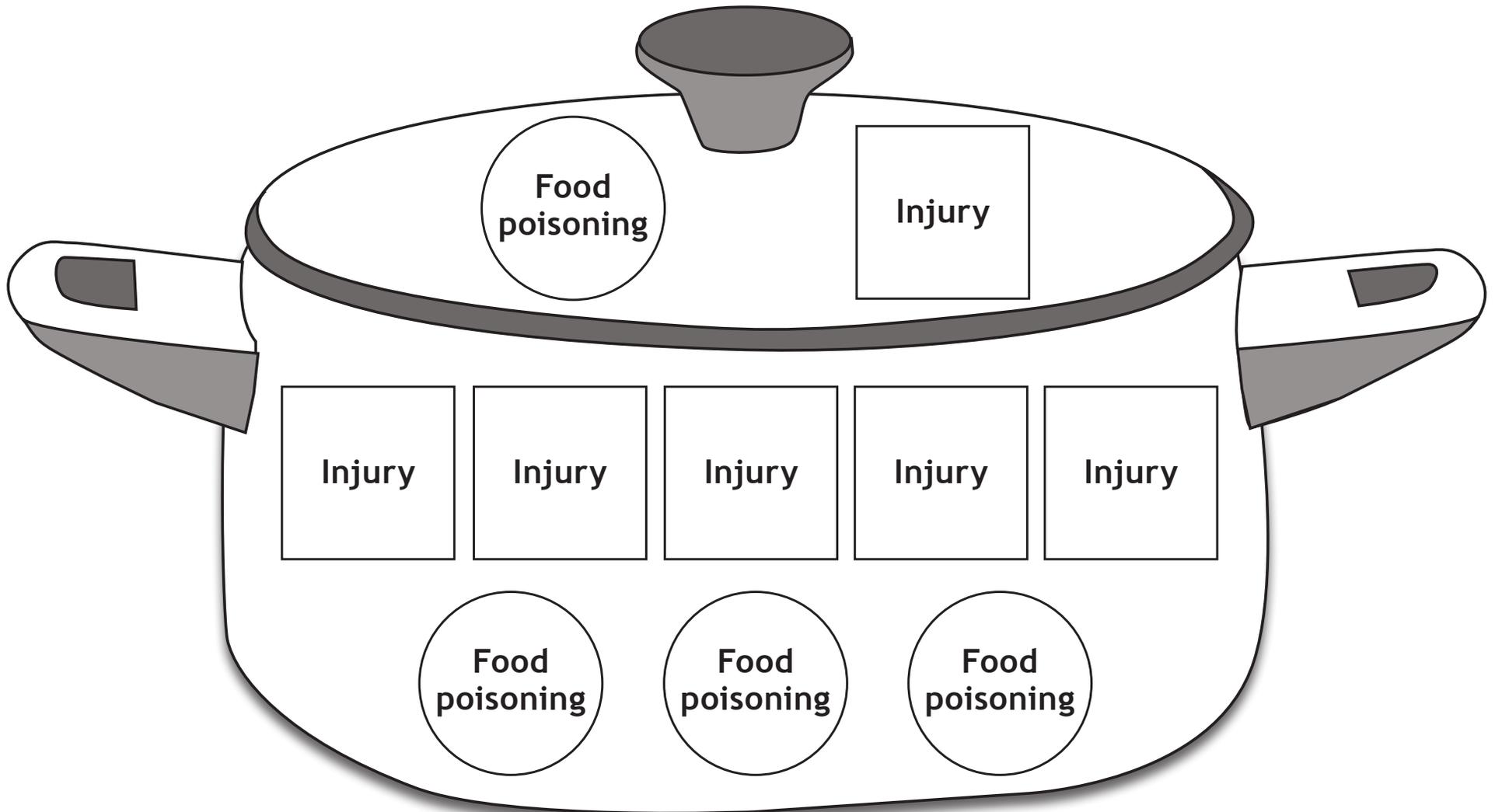
[KidsHealth.org/classroom/prekto2/personal/safety/food\\_cooking\\_quiz\\_answers.pdf](https://kidshealth.org/classroom/prekto2/personal/safety/food_cooking_quiz_answers.pdf)



Name:

Date:

## 10 Ingredients for a Safe Kitchen





## 10 Ingredients for a Safe Kitchen

Baggy clothes can catch fire

Clean counters and cooking surfaces

Don't cook without an adult

Don't eat old leftovers

No foil or metal in microwave

Point knife away from yourself

Throw away food that falls on the floor

Use potholder or oven mitts for hot pots and pans

Wash fruits and veggies

Wash hands



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: An adult should always be with you when you are cooking.
2. Before you start touching foods or cooking, you have to wash your \_\_\_\_\_ with soap and water.
3. True or false: Leftovers that sit out too long or are in the refrigerator too long can make you sick.
4. If you get sick from food poisoning, you might have:
  - a. an upset stomach
  - b. diarrhea
  - c. fever
  - d. any of the above
5. True or false: You can get sick from raw or undercooked meats and unwashed fruits and vegetables.
6. When you're handling hot pots, pans, or baking trays, you should use \_\_\_\_\_ or \_\_\_\_\_, not dish towels.
7. True or false: It's OK to put aluminum foil or other kind of metal in a microwave.



## Quiz Answer Key

1. True or false: An adult should always be with you when you are cooking.
2. Before you start touching foods or cooking, you have to wash your \_\_\_\_\_ *hands* \_\_\_\_\_ with soap and water.
3. True or false: Leftovers that sit out too long or are in the refrigerator too long can make you sick.
4. If you get sick from food poisoning, you might have:
  - a. an upset stomach
  - b. diarrhea
  - c. fever
  - d. any of the above
5. True or false: You can get sick from raw or undercooked meats and unwashed fruits and vegetables.
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: It's OK to put aluminum foil or other kind of metal in a microwave.