Bright Path Sped





20 STUDENT PAGES

KITCHEN SAFETY WORKSHEETS

KNIVES, STOVE, CLEANUP, RECIPES
GRADES 6-12

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PREVIEW

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My name _____ Date _____

Kitchen Safety Rules

Read the rules. Keep this page out.

Four kinds of kitchen habits. Read each one.

Knives and cutting

- Cut on a cutting board.
- Cut away from your hands.
- Carry a knife by your side, tip down.
- Never try to catch a falling knife.

Stove and heat

- Ask an adult before you use the stove.
- Turn pot handles to the side.
- Use a dry oven mitt for hot things.
- Never walk away from a hot pan.

Cleanup and plugs

- Wipe up spills right away.
- Wash your hands before you touch food.
- Dry your hands before you touch a plug.
- Hold the plug, not the cord.

Plan and ask

- Read the whole recipe first.
- Tie back long hair and loose sleeves.
- Ask if you are not sure.

Our kitchen's own rule (ask your teacher)

_____

Pick one rule. Say why it matters.

PREVIEW

My name _____ Date _____

Kitchen Words

Match each word to what it means.

Write the letter of the meaning in the box.

1	dice		A	A tool for cooking or eating.
2	simmer		B	To turn the oven on ahead of time so it can warm up.
3	preheat		C	The amount of food for one person.
4	ingredient		D	To cut food into small cubes.
5	utensil		E	One food that goes into a recipe.
6	serving		F	To cook gently with small bubbles.

Use two of the words in one sentence about cooking.

PREVIEW

My name _____ Date _____

Name the Tools

Write the name of each tool.

Look at each tool. Pick its name from the word bank.

spatula **cutting board** **whisk** **knife** **measuring cup** **pot** **grater** **frying pan**



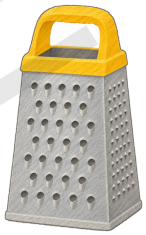
1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____

PREVIEW

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My name _____ Date _____

Cut and Sort: Knives

Cut out the twelve pieces. Sort each one into the right box.

Safe habit	Unsafe habit

PREVIEW

Cut on the dashed lines: twelve pieces, two cuts across and three cuts down.

Cut toward my hand.	Cut on a cutting board.	Walk around the room holding a knife.	Keep my fingers curled under, away from the blade.
Carry a knife by my side with the tip pointing down.	Try to catch a falling knife.	Ask for help with a tool I have not used.	Use a knife to pry open a lid.
Cut while I am looking somewhere else.	Wash a knife by itself and set it where I can see it.	Keep the knife on the board, away from the edge.	Leave a knife in a sink full of soapy water.

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My name _____ Date _____

Cut and Sort: Cleanup and Plugs

Cut out the twelve pieces. Sort each one into the right box.

Safe habit	Unsafe habit

PREVIEW

Cut on the dashed lines: twelve pieces, two cuts across and three cuts down.

Pull a plug out by the cord.	Put a metal fork in a toaster.	Wash my hands with soap before I touch food.	Leave a puddle on the floor.
Wipe up a spill right away.	Cut raw meat, then fruit, on the same board with no washing.	Dry my hands before I touch a plug.	Touch an appliance with wet hands.
Use a clean spoon every time I taste.	Wash fruit and vegetables before I cut them.	Plug many cords into one outlet.	Keep cords away from the sink and the stove.

My name _____ Date _____

Find the Mistake

Find the mistake. Then fix it.

Jo is made up for practice. Each scene has one mistake.

1 **Jo is cooking:**

Jo cuts an apple while holding it in her hand. The knife points toward her thumb.

What is the mistake?

How can Jo fix it?

2 **Jo is cooking:**

Jo sets a pan on the stove with the handle sticking out over the edge.

What is the mistake?

How can Jo fix it?

3 **Jo is cooking:**

Jo spills water on the floor and keeps cooking.

What is the mistake?

How can Jo fix it?

4 **Jo is cooking:**

Jo grabs a hot pot lid with her bare hand.

What is the mistake?

How can Jo fix it?

PREVIEW

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My name _____ Date _____

Read a Recipe

Read the recipe. Answer each question.

Cheese Quesadillas

Makes 4. A practice recipe for reading. Ask your teacher before you cook.

Ingredients

4 tortillas
1 c shredded cheese
1/2 c diced peppers
2 tsp oil
1/4 c salsa

Steps

1. Wash your hands. Set out the tools and the food.
2. Dice the peppers with a sharp knife.
3. Put the oil in a pan. The pan handle sticks out. Turn the stove on to medium.
4. Water splashed on the floor. Lay a tortilla in the pan. Add 1/4 c cheese and some peppers.
5. Fold the tortilla. Cook 2 min on each side. Hot cheese can burn fingers.
6. Turn the stove off. Slide the quesadilla onto a plate. Top with salsa.

1. How many tortillas are in the recipe? _____

2. What does c mean? _____

3. How much oil does the recipe need? _____

4. Which step uses a sharp tool? Write the step number. _____

5. Which step turns the stove on? Write the step number. _____

6. Which step turns the stove off? Write the step number. _____

7. How many minutes does each side cook? _____

8. How much cheese goes in one quesadilla? _____

PREVIEW

My name _____ Date _____

Add a Safety Habit to Each Step

Pick a safety habit for each step. Write it.

Each step has a safety habit that goes with it. Pick one from the word bank.

Use a spatula **Cutting board** **Stove off** **Wash hands** **Wipe up spills** **Handle to the side**

1. Wash your hands. Set out the tools and the food. ☐
2. Dice the peppers with a sharp knife. ☐
3. Put the oil in a pan. The pan handle sticks out. Turn the stove on to medium. ☐
4. Water splashed on the floor. Lay a tortilla in the pan. Add 1/4 c cheese and some peppers. ☐
5. Fold the tortilla. Cook 2 min on each side. Hot cheese can burn fingers. ☐
6. Turn the stove off. Slide the quesadilla onto a plate. Top with salsa. ☐

PREVIEW

My name _____ Date _____

Plan a Snack

Plan a snack. Think about safety.

My snack _____

Tools I need. Circle the sharp ones and the hot ones.

My steps

Three safety habits I will use

Who can I ask for help? _____

PREVIEW

My name _____ Date _____

Quiz A

Pick the best answer. Write its letter.

Take your time. Guess if you are not sure.

1. Where do you cut food?
   - **A** On a cutting board
   - **B** In your hand
   - **C** On a paper towel

2. Which way should a pot handle point?
   - **A** Over the front
   - **B** To the side
   - **C** Over another burner

3. What do you use to hold a hot pan?
   - **A** A dry oven mitt
   - **B** A wet towel
   - **C** Your bare hand

4. Before you turn on the stove, you should
   - **A** Turn it to high
   - **B** Walk away
   - **C** Ask your teacher or an adult

5. A knife slips off the counter. You should
   - **A** Grab it
   - **B** Step back and let it fall
   - **C** Kick it away

6. Which tool is sharp?
   - **A** A whisk
   - **B** A measuring cup
   - **C** A grater

PREVIEW

My name _____ Date _____

Exit Tickets

Answer each ticket before you go.

Each ticket takes about two minutes. Your teacher may collect them at the door.

1 Name one kitchen tool that is sharp and one that gets hot.

2 Write one safety habit you will use the next time you are in a kitchen.

3 Write what Tbsp stands for, and what oz stands for.

PREVIEW

Answer Key: Sorts and Checks

Pieces are named by their row and column in the cutting grid, left to right and top to bottom. Jo is invented. Your kitchen may clean up in a slightly different order: accept a reasoned order.

Knives page 9

Piece	Box
r1 c1	Unsafe habit
r1 c2	Safe habit
r1 c3	Unsafe habit
r1 c4	Safe habit
r2 c1	Safe habit
r2 c2	Unsafe habit
r2 c3	Safe habit
r2 c4	Unsafe habit
r3 c1	Unsafe habit
r3 c2	Safe habit
r3 c3	Safe habit
r3 c4	Unsafe habit

Stove and Heat page 10

Piece	Box
r1 c1	Unsafe habit
r1 c2	Safe habit
r1 c3	Safe habit
r1 c4	Unsafe habit
r2 c1	Safe habit
r2 c2	Unsafe habit
r2 c3	Unsafe habit
r2 c4	Safe habit
r3 c1	Safe habit
r3 c2	Unsafe habit
r3 c3	Unsafe habit
r3 c4	Safe habit

Cleanup and Plugs page 11

Piece	Box
r1 c1	Unsafe habit
r1 c2	Unsafe habit
r1 c3	Safe habit
r1 c4	Unsafe habit
r2 c1	Safe habit
r2 c2	Unsafe habit
r2 c3	Safe habit
r2 c4	Unsafe habit
r3 c1	Safe habit
r3 c2	Safe habit
r3 c3	Unsafe habit
r3 c4	Safe habit

True or False page 12

Item	Answer	The fix
12.1	True	-
12.2	False	Stay with it, or turn the stove off.
12.3	True	-
12.4	False	Use a dry oven mitt.
12.5	False	Hold the plug and pull.
12.6	True	-
12.7	False	Turn the handles to the side.
12.8	True	-

Put the Cleanup in Order page 14

Box	No.	Step
A	4	Wipe the table and the counters.
B	1	Put the food away.
C	6	Wash your hands.
D	2	Scrape the plates into the trash.
E	5	Sweep the floor.
F	3	Wash the dishes.

Find the Mistake page 13

Item	What went wrong	A right way
13.1	Cutting toward a hand, with no cutting board.	Put the apple on a cutting board and cut away from your hands.
13.2	A handle that sticks out can be bumped.	Turn the handle to the side.
13.3	A wet floor is easy to slip on.	Wipe up the spill right away.
13.4	A hot lid needs a mitt, or help.	Use a dry oven mitt, or ask an adult.

PREVIEW

Kitchen Safety Tracker

One student, every scored sheet. Filled example: page 31.

Student _____ Teacher _____ Month _____

Page	Page type and set	Items	Right	Date	Notes
5	Kitchen Words	6			
6	Recipe Abbreviations	6			
7	Name the Tools	8			
8	Sharp, Hot or Neither	8			
9	Cut and Sort: Knives	12			
10	Cut and Sort: Stove and Heat	12			
11	Cut and Sort: Cleanup and Plugs	12			
12	True or False	8			
13	Find the Mistake	4			
14	Put the Cleanup in Order	6			
15	Read a Recipe	8			
16	Double the Recipe	11			
17	Add a Safety Habit to Each Step	6			
21	Quiz A	6			
22	Quiz B	6			

PREVIEW

How to fill this in

Write how many items the student got right with no prompt, and the date. A blank means not tried yet, never wrong. There are 119 items on the 15 scored sheets. Answer keys: pages 24 to 26. Filled example: page 31.

The kitchen skill we are working on (your own standard or wording)

Team Note

Use this page between team meetings or when a student moves classes, to hand off what changed without writing a note from scratch. Everything below is observable, with a blank for the number or the wording your team already uses.

Student _____ Team member _____ Date _____

Kind of sheet	Covered since last note (Y/N)	Items right	Still blank
Words and abbreviations			
Tools			
Sorts			
True or false, mistakes, order			
Recipe set			
Quizzes			

What I saw (observable, not a conclusion)

- Named ___ of 8 tools from the picture (page 7).
- Sorted ___ of 8 tools as sharp, hot or neither (page 8).
- Sorted ___ of 36 habit pieces into the right box (pages 9, 10, 11).
- Answered ___ of 8 questions about the recipe (page 15).
- Used a safety habit in a real kitchen: yes / no / with a reminder.

Next step

- Next page or set: ___, because ___ (what you saw).
- What to try in another class or at home: ___.
- What to keep doing because it is working: ___.
- Anything for the team meeting to decide: ___ (this page records what happened, never a label or a plan).

Summary, in one or two sentences, for whoever reads this next

A filled-in line, for reference

"Got 7 of 8 true or false sentences right on 10/15. Next step: reread the plug and cord rule on page 4 and practice it with a real plug." That is the level of detail this page is built for. It matches the filled example on page 31.

PREVIEW

Dana's Tracker (Invented Student)

Dana R. is invented; nothing on this page describes a real student. The blank tracker is on page 27.

Student: Dana R. (an invented student)

Teacher: Mr. Reyes (invented)

Month: October

Page	Page type and set	Items	Right	Date	Notes
5	Kitchen Words	6	5	10/6	Mixed up simmer and dice
6	Recipe Abbreviations	6	6	10/7	-
7	Name the Tools	8	8	10/8	-
8	Sharp, Hot or Neither	8	6	10/9	Marked the spatula as hot
9	Cut and Sort: Knives	12	11	10/13	Put the wet-sink piece in safe
10	Cut and Sort: Stove and Heat	12	12	10/14	-
11	Cut and Sort: Cleanup and Plugs	12	-	-	-
12	True or False	8	7	10/15	Missed the plug sentence
13	Find the Mistake	4	4	10/16	-
14	Put the Cleanup in Order	6	5	10/17	Swapped steps 3 and 4
15	Read a Recipe	8	7	10/20	Missed the minutes question
16	Double the Recipe	11	-	-	-
17	Add a Safety Habit to Each Step	6	-	-	-
21	Quiz A	6	5	10/22	Missed the falling knife item
22	Quiz B	6	-	-	-

PREVIEW

How to read it

Dana R. has done **11 of 15** scored sheets and got **76 of 84** items right with no prompt. **4** sheets were all right and **7** carry a note. Every number comes from the table.

What the table points to

The lowest sheet is Sharp, Hot or Neither (6 of 8). That is where the next practice goes. The 4 sheets left blank are not tried yet, never wrong.