

Name:  
Block:

## **SAFETY IN THE KITCHEN**

Complete the following safety rules with the correct words from the word list

### **A. GENERAL SAFETY RULES**

1. Move \_\_\_\_\_. DO NOT \_\_\_\_\_.
2. Cupboard doors and drawers should be \_\_\_\_\_ when not in use.
3. Wipe up spilled liquids or food from the floor \_\_\_\_\_ to avoid \_\_\_\_\_ or tracking the food around the floor.

### **B. STOVE SAFETY**

1. Handle hot utensils with a \_\_\_\_\_ or \_\_\_\_\_  
\_\_\_\_\_. Never use a \_\_\_\_\_ as the heat will go right through it. Never use an \_\_\_\_\_ or a \_\_\_\_\_.
2. Keep utensil handles turned \_\_\_\_\_ on the stove and counters. Be sure the handle is not placed over an \_\_\_\_\_.
3. Make sure all elements and oven are \_\_\_\_\_ when not in use. DO NOT turn an element on until there is a \_\_\_\_\_ or \_\_\_\_\_ on it.
4. Keep dish cloths, clothing, \_\_\_\_\_ and \_\_\_\_\_ cords away from the stove.
5. Use a \_\_\_\_\_, not metal for stirring.
6. Choose the \_\_\_\_\_ size of element for the pot or pan.
7. To avoid a steam burn, remove the lid from a hot pot or pan by lifting the lid \_\_\_\_\_ from yourself.
8. When using the oven, open the door \_\_\_\_\_ and pull out the \_\_\_\_\_. Always use a \_\_\_\_\_ or an \_\_\_\_\_.

### C. CUTS

1. Put knives and sharp objects to one side after using. DO NOT put knives in the \_\_\_\_\_ where they may not be seen. Wash knives \_\_\_\_\_ and dry \_\_\_\_\_, and put away \_\_\_\_\_.
2. Carry the knife with the blade pointed \_\_\_\_\_.
3. To pick up broken dishes, use a \_\_\_\_\_ and \_\_\_\_\_ for the large pieces and a \_\_\_\_\_ to wipe up tiny splinters.
4. Use a \_\_\_\_\_ for cutting or chopping foods. Use the \_\_\_\_\_ type of knife for the job.

### D. ELECTRICAL APPLIANCES

1. Plug the \_\_\_\_\_ into the electrical appliance first, then into the \_\_\_\_\_. Pull on the \_\_\_\_\_, not the \_\_\_\_\_ when unplugging appliances.
2. Keep electrical appliances \_\_\_\_\_ when not in use.
3. DO NOT place an electrical appliance in \_\_\_\_\_ !!!

### E. FIRE AND BURNS

1. Know the location of the \_\_\_\_\_ and the \_\_\_\_\_.
2. If fat catches on fire, turn off the element and smother the fire with a \_\_\_\_\_ or \_\_\_\_\_.
3. Wear neat clothing when cooking to prevent the possibilities of \_\_\_\_\_ or \_\_\_\_\_. That is, no \_\_\_\_\_ sweaters or jackets and keep your hair \_\_\_\_\_ out of your face.
4. Treating burns: for minor burns, hold the burned area under \_\_\_\_\_ for \_\_\_\_\_ minutes or until the pain is gone, or hold covered \_\_\_\_\_ on the affected area.