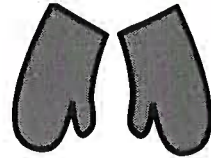


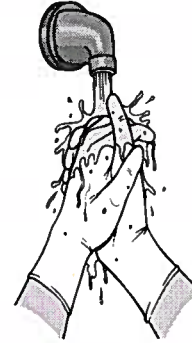
KITCHEN SAFETY QUIZ - TRUE OR FALSE

- ___ 1. Use a large metal spoon to stir foods cooking on the stove top.
- ___ 2. For an oven fire, you should turn off the heat and block the oxygen source.
- ___ 3. A damp oven mitt would be dangerous to use to pick up a hot baking pan.
- ___ 4. It is a safety consideration to keep your kitchen clean and neat as you work.
- ___ 5. Dish towels or aprons may be safely used for handling hot pots and pans.
- ___ 6. Knives should be kept well sharpened so less pressure is needed to cut food.
- ___ 7. Laundry soaps, bleaches and cleaners should be stored with food to keep insects away.
- ___ 8. Pot handles should be turned inward and not extend beyond the edge of the stove top.
- ___ 9. Pots should be no more than 2/3 full to prevent the overflowing of boiling liquids.
- ___ 10. Before placing a pot or pan on a burner it should be preheated.
- ___ 11. Pour water on an electrical fire to put it out.
- ___ 12. Disconnecting electrical cords by pulling on the cord will eventually break the cord and expose the bare wires.
- ___ 13. Overheated fat or oil can burst into flames.
- ___ 14. A small pot on a large burner is an unsafe practice.
- ___ 15. When checking boiling food in a pot always lift the lid towards you.
- ___ 16. Place hot pots and baking dishes on a hot pad when they are removed from the stove or microwave.
- ___ 17. Use baking soda on a grease fire because water will allow it to spread.
- ___ 18. For electric shocks, first lie the victim down and raise his/her feet.
- ___ 19. If you get a minor cut or burn in the kitchen, always run cold water over the injury.
- ___ 20. The type of clothing you wear is not a safety concern when cooking.
- ___ 21. The fewer sides the frame on a hazardous symbol has, the more dangerous it is.



HYGIENIC ROUTINES QUIZ - TRUE OR FALSE

- ___ 1. It is important to keep your hands out of your hair when cooking.
- ___ 2. If you have washed your hands, dipping a finger into the cookie dough and licking it is an acceptable practice.
- ___ 3. After cutting raw chicken, wiping the cutting board with a damp cloth sanitizes it.
- ___ 4. Even if your hair is clean, it is necessary to tie it back.
- ___ 5. It is okay to chop on the counter if it is clean.
- ___ 6. Taste food by pouring a sample from the stirring spoon onto a separate tasting spoon.
- ___ 7. Freezing and refrigeration will kill all harmful bacteria.
- ___ 8. You should wash the top of a can of food before you open it.
- ___ 9. Wearing an apron is a hygienic measure.
- ___ 10. Frozen foods should be defrosted in the refrigerator or microwave oven rather than on the counter top.
- ___ 11. It is safe to drink from your friend's glass if you use the opposite side of the glass.
- ___ 12. If the counters and equipment look clean, they probably are.
- ___ 13. When washing dishes, always wash the dirtiest first because they take the longest to clean.
- ___ 14. Always use clean tea towels and dish clothes.
- ___ 15. Some of the ways bacteria are transferred to food are from: your hands, dust, clothing, coughing and sneezing.
- ___ 16. Bacteria grow quickly in dry acid foods.
- ___ 17. The danger zone for bacterial growth is 4 - 60 °C.
- ___ 18. The maximum time that unsafe food can be kept at room temperature (20°C) is 4 hours.



Guiding Questions

- 1. What specifically would you like to learn more about in Foods (themes, recipes, techniques)?**

- 2. What do you feel you need to improve on or have more practice with in the Foods room (be specific)?**
 - a. Provide specific steps you could take to make these improvements

- 3. Something related to Foods that I would like to know more about is:**

- 4. Something related to Foods that I would like to be more skilled at is:**

- 5. I prefer (circle one):**
 - a. To choose my own cooking group
 - b. Have the teacher choose my cooking group
 - c. A mix of both
 - d. Doesn't matter

- 6. I prefer:**
 - a. The teacher chooses the recipes
 - b. I choose my recipes
 - c. A mix of both
 - d. Doesn't matter

- 7. I prefer (circle one):**
 - a. To make the same recipe more than one time so I can make adjustments/fix errors/be more creative
 - b. To make each recipe only once
 - c. A mix of both
 - d. Doesn't matter

Complete the following sentences:

8. I decided to take Foods again this year because:

9. Something I wish was different about the last year & why is:

10. I work best when...

11. I find it challenging to do my best when...

12. I am really interested in...

13. I am really good at...

14. My hidden talent is...(doesn't have to be related to Foods)

15. Some ways the teacher can best support me in the Foods class are:

Observation and Reflection Guide

Use the following to guide you in your reflection & provide specific examples from class during your interview. You should be able to describe your strengths and areas for improvement in each area.

Cleanliness

- ❖ I am respectful of the kitchen environment and keep my area clean and tidy
- ❖ I properly wash and dry my dishes
- ❖ I put away dishes and ingredients in the correct place
- ❖ I follow safety and sanitation best practices

Communication

- ❖ I can connect and engage with others
- ❖ I ask and respond to questions
- ❖ I am an active listener; I support and encourage my partners
- ❖ I recognize that there are different points of view and I can disagree respectfully

Community

- ❖ I can work with others to achieve a common goal
- ❖ I do my share
- ❖ I can take on roles and responsibilities in a group
- ❖ I encourage and promote positivity within my group
- ❖ I offer to help the teacher without being asked

Critical Thinking

- ❖ I give, receive and act on feedback
- ❖ I can reflect on and express my strengths, obstacles and areas for improvement
- ❖ I can determine how my learning connects to my experiences and efforts

Creativity/Challenge

- ❖ I generate new ideas and build on other people's ideas
- ❖ I can innovate within given variables to pursue my interests
- ❖ I can develop creativity over time in an area I am interested in or passionate about
- ❖ I can challenge myself and maintain a growth mindset in order to try new techniques and build on skills

