

EXPLORE

FOOD AND NUTRITION PROJECT



FOOD AND NUTRITION
SAFETY AROUND THE KITCHEN



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The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Heated Dangers

**TIME:**

20 to 30 minutes

MATERIALS NEEDED:

- Recipe cards
- Ingredients for recipes to be prepared
- Equipment for recipes to be prepared
- White Board
- Dry erase markers
- Activity handouts

OBJECTIVES:

The 4-H member will be able to:

- Understand kitchen dangers.
- Develop a plan to stay safe in the kitchen.
- Demonstrate proper kitchen safety.

EXPLORE THE CONTENT:

A large part of staying safe in the kitchen has to do with avoiding potential situations that could cause fires, burns and other injuries. Many kitchen appliances are used to heat and cook, thus misuse, could cause harm to someone not using them properly. The following are a few guidelines to avoid heated dangers in the kitchen.

1. Don't leave cooking unattended. Stay in the kitchen when you have something cooking on the stovetop.
2. Unplug your appliances and turn off the stovetop or oven as soon as you are finished using them. Set the oven to automatic shutoff when cook time is complete.
3. Keep your appliances clean! Grease, if allowed to build up on any appliance, can catch fire. Clean as you go to reduce the risk of fire.
4. Keep flammable objects clear of the stove. This includes towels, recipe cards, cookbooks, dish cloths and long flowing sleeves. Wear tight fitting or short sleeves to cook in.
5. Don't ever overload outlets with too many appliances. This can cause an electrical short which can lead to a fire.
6. Use oven mitts or hot pads when removing hot things from microwaves, ovens and/or stove tops.
7. Always turn your pot and pan handles inward. If they are turned outwards, over the side of the stovetop, they can be knocked down and cause serious injury or burns.
8. Never touch anything electrical with wet hands or wet rags. Never use electric appliances near or in a sink.

Microwave Cooking is fast but can cause serious burns. Check with a grown-up for specific directions and permission before using the microwave oven. Some general tips for safe microwaving include:

- Never turn on an empty oven. This can cause the oven to break or fire to occur.
- Read package directions carefully. Make sure you know how to set the microwave oven controls (for example, 10 seconds, rather than 10 minutes).
- Use only microwave-safe cookware. Never use metal in a microwave! Metal reflects the microwaves causing them to arc and spark which could cause fire or electrical short in your oven. Cookware should be made of hard paper, glass or ceramic. Styrofoam will melt so avoid this material in the microwave as well.

- Food coming out of the microwave can be very hot. Never taste or eat food right from the microwave. Allow the food to cool for several minutes before eating. This includes letting microwave popcorn set a few minutes before opening; then open the bag so the opening is pointing away from you. Steam from the bag can cause serious burns.
- Dishes get hot in the microwave also. Have potholders or oven mitts handy to remove hot dishes.

What if you suffer a burn from hot liquid?

Hot liquids, not fire, are the most common cause of burns to children. If you get burned working in the kitchen:

1. Go to the sink and hold the burned area under cool, running water.
2. If the burn begins to blister cover it loosely with a sterile gauze, or a clean cloth.
3. Tell a grown-up whenever you are burned. If the burn is severe and hurts badly, get help from an adult immediately or call 911 if no one is home.

Toaster Safety is also important.

- Keep the toaster away from curtains or towels or other things that could catch fire.
- Plug it directly into the electrical outlet. Unplug toasters and other kitchen appliances when not using them.
- If toast gets stuck, unplug the toaster. Do not use any object to remove the toast from the toaster.

Toasters may seem safe, but they can catch on fire, especially if not cleaned on a regular basis or if food is left in too long. If you see flames from any kitchen appliance, tell a grown-up immediately. If an adult is not home, call 911.

Stovetop Safety - Only use a stovetop and it's burners if you have been trained by an adult. Keep things that will burn away from the stove. Towels, potholders, plastics and paper towels can catch fire quickly when near direct heat or open flames.

- Keep an eye on the stovetop when cooking food.
- Turn pan handles to the side so they can't be knocked off the stovetop.
- Always turn off the stovetop and oven when you're done cooking.

**DO: Baked Honey Bananas** (Grade Level: 2nd-5th)**Preparation:**

Gather Ingredients (See Attached Recipe)

Instructions:

(See Attached Recipe)

DO: Toasty Chicken Quesadillas (Grade Level: 6th-8th)**Preparation:**

Gather Ingredients (See Attached Recipe)

Instructions:

(See Attached Recipe)

DO: Toaster Oven Frittata (Grade Level: 9th-12th)**Preparation:**

Gather Ingredients (See Attached Recipe)

Instructions:

(See Attached Recipe)

REFLECT:

- Name some heated dangers most commonly seen in the kitchen
- Name 3 tips to avoid becoming burned while working in the kitchen.
- Describe how to safely cook in the microwave.

APPLY:

- What are some changes that you can make at home to be safe around heat sources in the kitchen?
- Which items in your kitchen could be a potentially dangerous heat source?

REFERENCES:

- University of Nebraska Cooperative Extension, Lancaster County. Kitchen Safety for Children on Their Own. Retrieved from <https://lancaster.unl.edu/factsheets/019.htm>

Baked Honey

Bananas



Nutrition Facts

1 servings per container

Serving size 1 banana (138g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 39g 14%

Dietary Fiber 3g 11%

Total Sugars 26g

Includes 11g Added Sugars 22%

Protein 1g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 0mg 0%

Potassium 438mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

1 ripe banana, peeled and sliced lengthwise

1 tsp lemon juice

2 tsp honey

¼ tsp cinnamon

Directions:

- Line toaster oven tray with nonstick aluminum foil. Preheat oven to 350.
- Lightly brush banana halves with lemon juice. Place cut sides up on toaster tray.
- Spoon honey over banana halves and sprinkle lightly with cinnamon.
- Bake for 10 minutes. Remove from oven; cut into 1 inch pieces.
- Makes 1 serving.



Toasty Chicken

quesadillas



Nutrition Facts

4 servings per container

Serving size **1 quesadilla**
(158g)

Amount per serving

Calories **250**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 470mg **20%**

Total Carbohydrate 25g **9%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 21g

Vitamin D 0mcg **0%**

Calcium 171mg **15%**

Iron 0mg **0%**

Potassium 288mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

4 whole wheat tortillas (8 inches)

1 pkg (6 oz) ready to use chicken fajita strips

1 can (10 oz) diced tomatoes and green chilies, well drained

1 cup shredded Mexican cheese blend

Shredded lettuce, sliced ripe olives, and chopped tomatoes, optional

Directions:

- Coat one side of two tortillas with cooking spray; place coated side down on an ungreased baking sheet. Top each with chicken, tomatoes, and cheese. Cover with remaining tortillas; spritz tops with cooking spray.
- Bake in toaster over preheat to 425 degrees for 5 to 7 minutes or until golden brown. Cut into wedges. Garnish with lettuce, olives, and tomatoes if desired.
- Makes 4 servings



Toaster Oven

Frittatas



Nutrition Facts

4 servings per container

Serving size 1/4 of recipe
(113g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 170mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 1mcg 6%

Calcium 48mg 4%

Iron 1mg 6%

Potassium 230mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

1/2 cup Brussel sprouts, thinly sliced

1/2 cup broccoli florets, chopped

3 mushrooms, chopped

1 green onion, chopped

2 Tablespoons crumbled Feta cheese

1/2 cup roasted red pepper, chopped

1/4 tsp dried oregano

4 large eggs

2 tablespoons Half & Half

1/4 tsp salt

1/8 tsp black pepper

Directions:

- Preheat toaster oven to 400 degrees. Spray pan with cooking spray. Add Brussels sprouts, broccoli, mushrooms and green onion to the pan. Spray vegetables with cooking spray.
- Place the pan in the toaster oven and cook until just softened, about 12 to 15 minutes, stirring halfway through.
- While the vegetables cook, in a medium bowl, place eggs, half and half, and salt and pepper. Whisk until combined.
- Once the vegetables are done, carefully remove the pan and reduce the temperature to 375 degrees.
- Sprinkle vegetables with feta and roasted red pepper. Pour the eggs on top and return the pan to the toaster oven. Bake until the eggs are puffed, lightly browned around the edges and the middle is set, about 18 to 25 minutes.
- Makes 4 servings.

