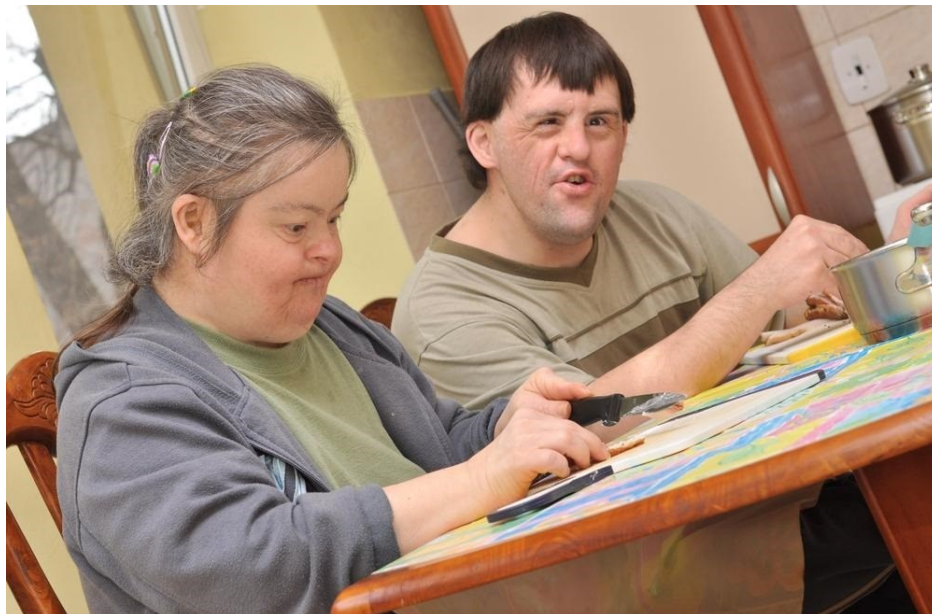


***My Activity Book:
6 Weeks of Learning
and Fun!***



Week 3

Let's Be Safe in the Kitchen

INTRODUCTION FOR CAREGIVERS

The HCQU has designed 6 activity books to help people learn and grow in various ways. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, encouraging the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Ensure any necessary materials are available.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and encouragement along the way, especially when the person is making an effort to participate.

LET'S BE SAFE IN THE KITCHEN

The kitchen is a busy place in most homes. It is where we cook and share food, and gather to talk with friends. Take a look around your kitchen. What do you see?

Kitchens contain the items, both big and small, that help us prepare food. Some of these items are the stove and oven, microwave oven, toaster, coffee pot, and refrigerator. Some tools used in a kitchen, like a hand mixer or serving spoons might be kept in a cupboard or drawer.



Some of the items in the kitchen can harm you if not used properly. Because of this, it is important to first learn about safety rules when working in the kitchen. These rules are about how to safely use the items in the kitchen to prepare and cook food, and how to know if food is safe to eat, too.

DAY 1 – PREVENTING ACCIDENTS IN THE KITCHEN

Accidents can happen in the kitchen because the things used to cook and prepare food have electrical cords, get hot, make fire, or can be sharp or break easily. The floor can become slippery, and sometimes people need to reach things that are up high.

Some accidents that can happen:

Burns



Cuts (from sharp objects)



Electrical fires/burns
(from broken wires)



Falls

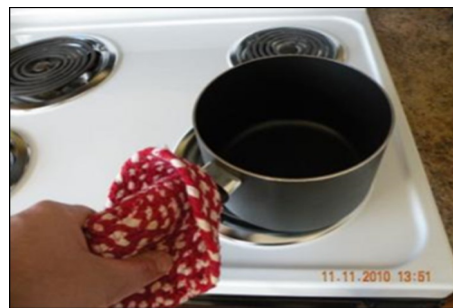


Most accidents can be prevented. To prevent accidents, take your time when working in the kitchen, look for problems that can be fixed, and know the rules for being safe.

Go to the next page for a fun activity!

ACCIDENTS IN THE KITCHEN ACTIVITY

Circle the pictures of items that can cause injury in the kitchen.



Note to caregiver: Talk with the individual about why the activity in each picture is or is not safe.

DAY 2 – ELECTRICAL SAFETY IN THE KITCHEN

Operating electrical appliances safely is very important in the kitchen to avoid injury.



Unplug an electrical appliance (like a toaster) before removing food or an object that is stuck in the appliance.

Unplug an electrical appliance from an outlet by grasping the plug, not the cord.



Keep cords away from heat sources or from hanging over the edge of the counter.

Keep electrical appliances away from water.



Go to the next page for a fun activity!

KITCHEN SAFETY WORD SEARCH ACTIVITY

Circle the words shown below when you find them.

F	O	M	Y	B	C
P	A	V	A	U	U
K	O	L	E	R	T
H	O	T	L	N	S
S	T	O	V	E	G
U	N	P	L	U	G

burn

cuts

fall

stove

hot

oven

pot

unplug

Note to Caregiver: There are many ways to have fun with this activity. You might ask one person to find the word while another person locates the item in the kitchen. Assist individuals, as needed. Adapt activity to each individual's abilities and needs.

DAY 3 – PROPER TOOLS AND SUPPLIES IN THE KITCHEN

Kitchen safety includes making sure the tools and supplies used in the kitchen are safe and working properly. If the appliances or utensils you are using in the kitchen are damaged, they might not work as they should, and they can cause an accident.

Damage to the stove top or oven



Broken utensils (like stirring spoons)



Unsafe or broken electrical cords



Go to the next page for a fun activity!

KITCHEN ITEMS ACTIVITY

Scavenger Hunt

Kitchen scavenger hunts are fun! Find the items by yourself, or ask others to help you find them. You can even ask caregivers if they want to join in the fun, too.

Look in your kitchen for all of the items listed on the next 3 pages.

For each item found:

- Circle the item in your book to show you found it.
- Look at the item to make sure it is safe (not damaged) and works properly.
- Talk with your caregiver about what to do if the item is not safe or does not work properly; it might need to be replaced.

Note to caregiver: *This activity can be completed in one day or spread over 4 days, using one list per day. You might want to review the lists of items with individuals to make sure they understand what each item is and how it is used. Omit any items on the list that are not in the individual's kitchen. If needed, create your own list with items that you know can be found in the kitchen. Use this activity as a teaching opportunity! For example, you might ask individuals questions about how to use each item safely and demonstrate the proper way of handling the item.*

<https://ashe.ces.ncsu.edu/2020/03/kitchen-scavenger-hunts-2/>

KITCHEN ITEMS ACTIVITY - LIST 1



Spoon
(Serving)

Cutting



Forks



Measuring



Towels



Napkin



Peeler



Soap



Tablespoon



KITCHEN ITEMS ACTIVITY – LIST 2

Measuring Cup
(for liquids)



Measuring Spoons
(for solids)



Whisk



Rolling pin



Tongs



Food thermometer



Can opener
(electric or manual)



Ladle



Food Containers



KITCHEN ITEMS ACTIVITY – LIST 3

Strainer



Knives



**Roller blade
(pizza cutter)**



Kitchen shears



Baster



Basting brush



DAY 4 – FOOD SAFETY

Look at this chart to learn about keeping food safe.



Photo courtesy of Centers for Disease Control and Prevention, 2022

Note to caregiver: Review this chart with the individual and talk about ways to keep food safe.

Go to the next page for a fun activity!

FOOD SAFETY ACTIVITY

Circle the pictures of foods that should be in the refrigerator



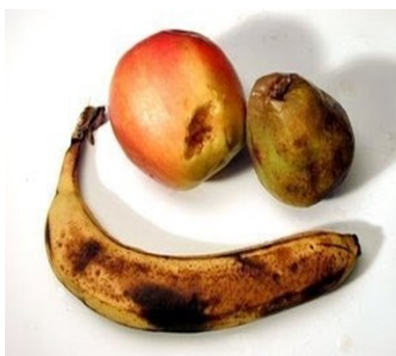
DAY 5 – IS IT SAFE TO EAT?

Look for “best if used by”, “sell-by”, or a similar phrase on some foods. The date listed is when it is the best time period to eat that food. Here are examples of what food dates might look like:



If a food's date has passed, check to make sure that it doesn't smell bad or look different. If it does, it may be spoiled and not safe to eat. It could make you sick, so do not eat it.

You can go to this website to check when the best time is to eat certain foods and how to store them so they won't spoil: <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>



IS IT SAFE TO EAT ACTIVITY

Look for foods of different colors!



1. Look in your cupboards, refrigerator, and freezer for foods of each color shown on the next 2 pages.
2. Look at each food you pick and decide if it is safe to eat.
 - What is the date on the food?
 - Does it look different (moldy, runny, etc.)?
 - Does it smell bad (spoiled)?
3. **If the food looks bad or smells bad, throw it away.**
4. Add the foods you throw away to your shopping list so they will be replaced.

IS IT SAFE TO EAT ACTIVITY – LIST 1

Purple Foods:

Yogurt



Grapes



Brown Foods:

Wheat Bread



Brown Rice



Black Foods:

Black Beans



Orange Foods:

Orange



Carrots



Read more at:
<https://www.fsis.usda.gov/>

IS IT SAFE TO EAT ACTIVITY – LIST 2

Red Foods:

Apple



Cherry Gelatin



Yellow Foods:

Banana



Corn



Green Foods:

Peas



Green Beans



Blue Foods:

Blue Raspberry Gelatin



Blueberries



Read more at:
<https://www.fsis.usda.gov/>

DAY 6 – REVIEW

Let's Review!

Day 1 – You learned about safety hazards in the kitchen and injuries that can occur such as burns, cuts, and falls. You learned how to prevent accidents in the kitchen.

Day 2 – You learned about electrical safety in the kitchen.

Day 3 – You learned about the importance of having kitchen tools that are not broken or damaged.

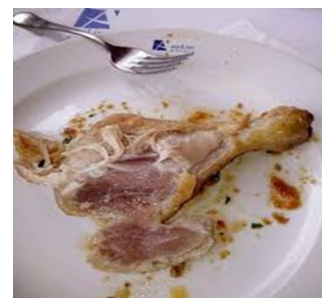
Day 4 – You learned about food safety and the importance of cleaning, separating, cooking, and chilling food.

Day 5 – You learned how to determine if food is safe to eat by looking for mold or bad smells and looking at dates on food items.

Go to the next page for a fun activity!

REVIEW ACTIVITY

Circle the items that are safe in the kitchen. Check your answers on the next page, and talk with your caregivers about why each item is safe.

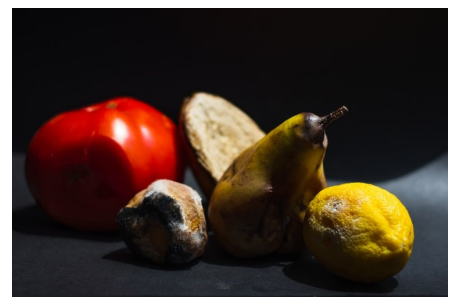
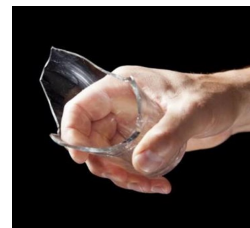


REVIEW ACTIVITY ANSWERS

SAFE



UNSAFE



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DAY 7 – HELP OTHERS LEARN ABOUT KITCHEN SAFETY

Now that you know about being safe in the kitchen, share what you learned with those around you. Everyone needs to know how to be safe in a kitchen.

A picture or chart might help people remember what to do to be safe. The picture or chart can be hung on the refrigerator or on a wall in the kitchen.

**REMEMBER TO STAY SAFE
AND
HAVE FUN IN THE KITCHEN!**



Go to the next page for a fun activity!

HELP OTHERS LEARN ABOUT KITCHEN SAFETY ACTIVITY

Create a poster to remind people about safety in the kitchen.

Here are pictures you can use for your safety in the kitchen poster. You can find other pictures in magazines or draw them yourself.



Clean up broken glass.



Store foods properly.



Make sure food is good.



Avoid burns

Note to caregiver: Encourage the individual to make a poster, using the pictures on this page, pictures from magazines, and/or pictures they draw themselves. Explain that the poster is a way to share what they learned and help everyone learn how to be safe in the kitchen. Encourage them to display the poster in the kitchen where it is visible to all.

RESOURCES FOR YOU AND YOUR CAREGIVERS

What you should know about home cooking safety

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Top-fire-causes/Cooking>

Food Safety Resources and Activities

<https://www.fsis.usda.gov/>

15 Basic Cooking Verbs for Beginners (Part 1)

<https://www.youtube.com/watch?v=9VK8p3nFKB4>

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For additional information regarding this activity book or
any of our physical or behavioral health trainings,
contact

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(Kepro HCQU)

hcqu.kepro.com

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