

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.

In Case of a Fire



TIME:

20-30mins

MATERIALS NEEDED:

- White board
- Dry erase marker
- Kitchen Escape Plan Worksheet
- Red and Green Cards for each student
- Red Card/Green Card question bank
- Video equipment

OBJECTIVES:

The 4-H member will:

- Identify common household fires and how to avoid them.
- Learn ways to safely extinguish fires.
- Develop a kitchen escape plan

EXPLORE THE CONTENT:

Learning to Cook

When learning to cook, there are some important rules that should be followed. Following these, will reduce your chances of becoming injured in the kitchen.

- Only cook when an adult is there to supervise you and has given you permission.
- Never leave any foods that are cooking unattended in the kitchen.
- Pots of food cooking on the stove can easily be knocked over. Pot handles should always be aimed toward the back or middle of the stove to reduce the risk of being knocked over.
- Never wear long sleeves, or loose-fitting clothes while cooking. Your shirt could hook a pot handle and pull it over. Even worse, long sleeves could catch fire.
- Always turn off the stovetop, oven, or any other appliance when you're finished cooking.

Grease Fires

Grease fires are one of the most common household fires. To avoid grease fires:

- Limit the amount of oil used when cooking,
- Use spray oils when possible,
- Always wipe up oil that has spilled on the stove top or grill.

If meat grease or oil spills over the edge of a pan, take a wet cloth and wipe it off immediately. If the grease gets to the grill or flame, it could travel up into the pan and cause a fire.

When dealing with a grease fire that is contained within a pan, cover your hand with an oven mitt, then simply cover the burning pan with a lid, and turn off the heat source. **Never put water on a grease fire!** Water thrown on a grease fire can spatter and spread the fire throughout the kitchen or onto you. Covering an outdoor grill with its lid will do the same thing, but also remember to close any other vents in order to extinguish the flames.

Never reach across an active fire before covering the flames as this could catch your clothing on fire or burn your arm. If the grease fire has spread beyond the pan and you do not have a dry chemical fire extinguisher, douse the flames by covering with a dampened towel or use baking soda. If the flames get beyond your control immediately leave the home and call 911 for emergency help.



DO: Kitchen Escape Plan (Grade level: 2nd-5th)

Preparation:

White board, dry erase marker, print out Kitchen Escape Plan sheet (Attached)

Procedure:

Explain purpose of knowing two ways out of every room. Explain that this pertains to both homes and public places they visit (EXIT signs)

Tell group you are going to practice drawing a home escape plan. (Explain that you are drawing the room from a “birds eye view”.)

Have kids point out the first way and 2nd way out of each room. Draw them on the escape plan.

Discuss having a family meeting place.

Explain that if you are in a multi-story building with no way out, they should open window and scream for help.

Encourage them to draw their own home escape plan on their handout.

DO: Red Card~Green Card (Grade level: 6th - 8th)

Preparation:

Make a red card and a green card for each student, alternative is to cut a green and red copy paper in half and distribute to students. Print out Red Card, Green Card Question Bank. (Attached)

Procedure:

Give each child a red (false) and green (true) card. Instruct them to hold up the red card if the answer is false and green card if it's true.

DO: Hot Music Videos (Grade level: 9th - 12th)

Preparation:

Make space available for students to creatively and safely be able to shoot a music video.

Procedure:

Students will make a music video showing what they think are the most important safety tips to remember that help prevent fires in the kitchen.

REFLECT:

- Name two things you should do if something on the stove catches fire.
- Why would you need to know two ways to exit the kitchen before cooking?

APPLY:

- Discuss with your parents how you can make changes at home to prepare for a fire in the kitchen.

RESOURCES:

- Staying Alive. Learning. Room safety: kitchen. Retrieved from http://www.stayingalive.ca/kids_kitchen.html
- University of Nebraska (1995). Kitchen safety for children on their own. Retrieved from <https://lancaster.unl.edu/factsheets/019.htm>
- City of Springfield Fire (nd). Fire safety lessons fro fifth graders. Retrieved from <https://www.springfieldmo.gov/2098/Fifth-Grade-Lessons>



Kitchen Escape Plan

Draw a floor plan or map of your home. Show all doors and windows.

- Mark two ways out of each room.
- Draw an "x" where you should install smoke alarms
- Pick a family meeting place outside where everyone can meet.
- Remember, practice your plan at least twice a year!

A large, empty rectangular box with a thin black border, intended for the student to draw a floor plan of their home. The box occupies most of the page below the instructions.

Red Card~Green Card

Hold up the **RED** card if the answer is **FALSE** and the **GREEN** card if the answer is **TRUE**

True or False:

- Smoke alarms should be placed on every level of your home, outside each sleeping area and inside every bedroom.
TRUE It's also helpful if the smoke alarms are interconnected, so when one goes off, they all go off.
- Smoke alarms should be tested once a year.
FALSE Smoke alarms should be tested at least one a month to make sure they are in good working order and batteries should be replaced at least once a year.
- The 4 things to tell a 911 operator are: What is your name, where your emergency is, what is the emergency and what is, and your phone number.
TRUE 911 Operators need a lot of detail so help can quickly arrive. If you don't know your address, memorize it!
- Every home should have a fire escape plan with at least 1 way out of every room.
FALSE Every home should have a fire escape plan, but it should have at least 2 ways out of every room.
- The best way to avoid a fire is to look for home hazards such as overloaded extension cords, careless smoking and candles too close to combustibles.
TRUE A home hazard checklist is a great way to make sure your home is safe.
- If you live on the 5th floor of an apartment building and can't get out, you should open a window and jump out.
FALSE It is best to open your window wide and yell for help. If necessary, throw bedding or other soft items out the window to help get the attention of emergency personnel.
- If you wake up to the sound of a smoke alarm, you should go tell your mom or dad.
FALSE If you hear the smoke alarm or see or smell smoke, you should immediately get out of the house and go to your family meeting spot.
- Space heaters should be placed at least 3 feet from anything that can burn.
TRUE Space heaters should be used with caution. Keep them at least 3 feet away from anything that can burn (including you!), never use an extension cord to power it, and always turn it off before you leave the room.
- Every house should have a fire extinguisher.
TRUE But it's up to a grown up to use it. In the case of a fire, kids need to get out of the house and go to their family meeting spot. Kids should never try to put out a fire, even with a fire extinguisher.