

## **Foods #TCDProjectChallenge Instructions:**

1. Read through the Lesson Plan
2. Complete the challenge
3. Fill out the Lesson Worksheet
4. Take a picture during some part of your Challenge
5. Email your challenge picture and a picture of the front and back of your completed Lesson Worksheet to [pmaddy@ksu.edu](mailto:pmaddy@ksu.edu) or text it to 785-877-7262.
6. Challenge pictures will be posted (not the worksheet pictures) on our respective county 4-H Facebook pages and our Twin Creeks District Facebook page.
7. Your name will be entered into a drawing for a project prize that will be given at our 2020 Achievement Banquet next fall.
8. Each time you complete a challenge, your name will be entered into a drawing for that project area.
9. You can complete any and all challenges, even if you are not enrolled in 4-H.
10. Challenges are divided into three age groups -- 7 to 9, 10 to 13, and 14 and up.
11. **Pictures of your challenge and lesson worksheets are due by the last day of the month, November 30, 2019.**
12. Printed copies of the challenge can be picked up at your local Extension Office.
13. Do not hesitate to contact me if you have any questions ([pmaddy@ksu.edu](mailto:pmaddy@ksu.edu) or 785-877-5755 or 785-877-7262). I am excited to see your pictures and what you learn through these challenges.



# #TCDDProjectChallenge

**Foods:** *Kitchen Safety Basics*

**All Ages:** 4-H Cooking 101  
pages 13 - 17

Age 7 to 9: Pocket Sandwich

Age 10 to 13: Build your own  
Breakfast Sandwich

Age 14 & up: Easy Ham &  
Cheese Stromboli

**Time:** varies

**Goal:** To Learn Basic  
Kitchen Safety Through  
Practicing Skills In  
Making Sandwiches

**Self-Evaluation BEFORE:** Using  
the rating scale below, answer  
the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

**I know how to...**

Wash hands correctly.....1 - 2 - 3

Prevent getting cut.....1 - 2 - 3

Wash the dishes in the correct  
order.....1 - 2 - 3

**Ingredients/Materials:**

*Ingredients vary with each age level  
(see attached handouts)*

**Instructions:**

**All Youth:** Read and practice materials from 4-H Cooking 101,  
pages 13 - 17 (attached)

**Youth 7 - 9:** Demonstrate skills learned by making the recipe  
*Pocket Sandwiches* (attached)

**Youth 10 - 13:** Demonstrate skills learned by making the recipe  
*Build Your Own Breakfast Sandwich* (attached)

**Youth 14 +:** Demonstrate skills learned by making the recipe  
*Easy Ham and Cheese Stromboli* (attached)

**Tips & Tricks:**

*Check to see if you have all your necessary ingredients and  
equipment before you begin your recipe!!!*

# #TCDProjectChallenge

## Foods: Kitchen Safety Basics

**Life Skills Learned:** (Check all that apply.)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

**Leadership** (teaching someone what you have learned — Int./Sr. levels.)

- Taught lesson to other 4-Hers
- Taught lesson to classmates
- Other \_\_\_\_\_

**Self-Evaluation AFTER:** Using the rating scale below, answer the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

### I know how to...

Wash hands correctly.....1 - 2 - 3 -

Prevent getting cut.....1 - 2 - 3

Wash the dishes in the correct order.....1 - 2 - 3

**Evaluation:** (express your experience)

What did you learn about food or kitchen safety? \_\_\_\_\_

Why is it important to know how to handle food safely? \_\_\_\_\_

What was the hardest part of the activity? \_\_\_\_\_

**Citizenship** (community service examples of sharing what you learned.):

- Shared sandwich with neighbor or friend
- Shared what I have learned with someone in my family
- Other \_\_\_\_\_



\_\_\_\_\_  
Member's Signature

\_\_\_\_\_  
Date

## Resources:

4-H Cooking 101 and 201  
University of Illinois

SimplyRecipes.com

**Patsy L. Maddy, 4-H Youth Development Agent**  
Jenilee Godsey, Youth Ag - Alyssa Rippe-May, Livestock/Horticulture  
Keith VanSlike, Ag & Natural Resources - Karen Shepard, FCS  
Stacy Brown, Director & FCS



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Twin Creeks Extension District, 785-877-5755.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
K-State Research and Extension is an equal opportunity provider and employer.



# 1

## **Clean the Food**

- Wash fresh fruits and vegetables in plenty of cool water before using them.
- Use a vegetable brush to wash foods such as carrots, celery, and potatoes to remove any soil that remains.
- Wipe the tops of all cans, boxes, and bottles before opening them. This helps remove any germs that are on them.
- Look for clues that food is spoiled. Spoiled food can make you sick. Check the color: does it look right? Check the odor: does it smell the way it should? Check the appearance: do you notice anything unusual about the way it looks? If any of these clues make you think the food is spoiled, ask an experienced cook if the food is safe to use. Never taste food you think is spoiled.

## **Time for Clean up**

**Soaking** cooking utensils will make them easier to wash. Wipe greasy dishes and pans with a paper towel before washing.

**Dishwashing** is easy if you use plenty of hot water and soap. (If you have an automatic dishwasher, ask how to use it.) There are three steps in washing dishes.

**Step 1:** Scrape and stack. Use a scraper or paper towel to remove food. Sort the dishes; put glassware together, silverware together, pots and pans together.

**Step 2:** Use hot, sudsy dishwater. Wash the glasses first; wash the rims carefully to destroy any germs. Then wash the silverware. Always wash sharp knives separately. Next, wash the rest of the dishes. Rinse the inside and outside of everything you wash with hot water and then let them air dry. Wash pots and pans last.

**Step 3:** Return any leftover ingredients and cooking utensils to storage. Clean your work area, stove top, and sink. If food has been spilled in the oven, let the oven cool before cleaning it.



# KITCHEN SAFETY BASICS

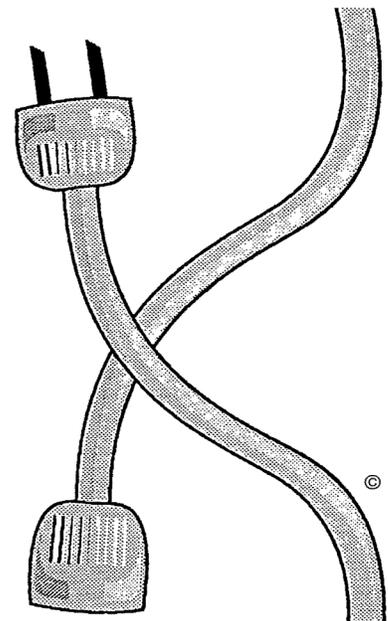
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## ***Be Considerate When You Use the Kitchen***

- Ask permission to use the kitchen and prepare the food.
- Keep the kitchen neat and clean while you work.
- Wash all dishes and cooking utensils and put them away when you are finished.
- Clean your work area and put away any unused ingredients and utensils.

## ***Be Safe When Using Electrical Equipment***

- Check to see that the appliance switch is in the **off** position.
- Attach electric cord to appliance if it is not already attached.
- Plug the cord into outlet.
- Turn off the motor or heat when you are finished using the equipment.
- Pull the plug from outlet **before** detaching the cord from the appliance. Do not pull on the cord because this may break the wires.
- Unplug appliances when not in use.
- Keep your fingers away from the moving blades of a blender, mixer, or food processor.
- Place the lid on the blender or food processor before turning it on.
- Unplug the mixer when putting in beaters or removing them.
- Never touch the heating element of an appliance such as a toaster. Never put a knife or other utensil into a toaster because you may get shocked. If something is stuck, unplug the toaster before trying to remove anything.
- Never plug in or unplug appliances with wet hands because you may get shocked.

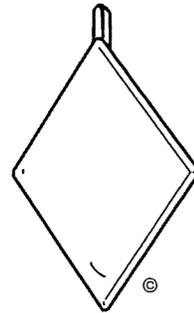
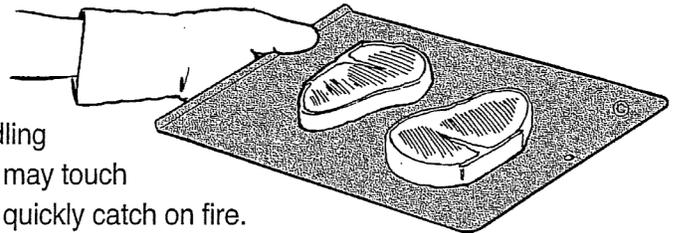


## Be Safe When Using Microwaves

- Do not start the microwave oven when it's empty.
- Use microwave-safe dishes. It is not safe to use metal in a microwave.
- Be careful of steam when you take off a cover or open a bag that contains hot food.
- Always use potholders to take things out of the microwave. The food container can get hot from the heat or steam in the food.
- Read and follow the microwave heating directions on food packages.

## To Prevent Burns

- Use hot pads or a mitt when handling hot dishes and pans. Dish towels may touch the flame or heating element and quickly catch on fire.
- Avoid using metal utensils when cooking food on top of the stove since metal becomes hot quickly. Wood and plastic utensils don't get hot as quickly.
- Use a fork, turner, spoon, or tongs to lift foods that are hot.
- Do not turn on stove burners until you are ready to use them and turn off the burners as soon as you are finished using them. Double-check to see that all the burners are turned off when you are finished cooking.
- Place the pan on the burner so that the pan handle is toward the center or the rear of the stove. This prevents someone from hitting the handle and spilling the food.
- Don't fill cooking pot over two-thirds full. This will help prevent foods from boiling over or spilling.
- Remove covers from hot foods by tilting the lid away from you. The hot steam will rise away from your face.



## To Prevent Cuts

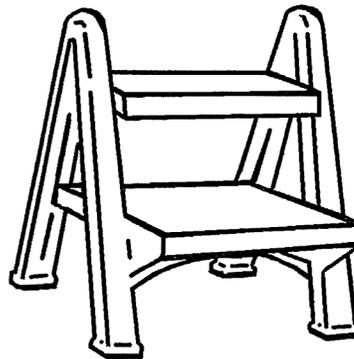
- If a knife starts to fall, jump back. Don't try to catch the knife.
- Keep knives sharp. Because you have to use force to cut with a dull knife, it can be more dangerous than a sharp one.
- Use a cutting board to avoid cutting yourself or cutting the table or counter top.



- Wash knives and put them away as soon as you are finished using them. Don't place knives in dishwasher because you may cut your hand trying to find the knives.
- Use knives for cutting only. Do not use them as can openers, screwdrivers, or chisels.
- Move vegetable peelers away from you as you peel. Keep your fingers underneath the food.
- Hold food graters with one hand and the food to be grated in the other hand. Stop grating or grate slowly when only a small piece of food remains.

## ***To Prevent Falls***

- Immediately wipe up spills.
- Keep kitchen floor free from clutter.
- Use a step stool if you must reach for a high object. If you don't have a step stool, ask someone who is taller than you to get the object for you.



## **Pocket Sandwiches**

*Yield: 1 serving*

### **Ingredients**

1 large pita bread round (whole wheat or white)  
Mayonnaise or mustard  
2 ounces thin-sliced ham or other lean sandwich meat  
1/4 cup shredded reduced-fat cheese, any kind  
Shredded lettuce, onion slices, tomato slices, and/or  
sprouts, as you like

### **Equipment**

Knives  
Cutting board  
Measuring cups

### **Order of Work**

1. Cut the bread in half; open halves to make pockets.
2. Spread the inside with mayonnaise and/or mustard.
3. Fill halves with meat, cheese, and vegetables.