Sanitation & Kitchen Safety

What is Sanitation?

- Getting things clean to the point of reducing harmful substances (bacteria) to safe levels.

Why is sanitation in the kitchen important?

- To destroy bacteria that can make us sick.

Keep produce and meat cutting boards separate!

http://www.thegoodiejar.com/food-storage.htm
Keep **hot** foods hot and **cold** foods cold.


Check for expiration dates, do not use if expired

http://www.clipartoday.com/clipart/foodandcuisine/food/juice_158583.html
http://www.clipartoday.com/clipartfoodandcuisine/food/milk_191384.html
http://www.clker.com/clipart-3951.html
Check for mold on breads, cheeses, fruits and vegetables
If refrigerated foods are left out more than 2 hours, throw it away!
All long hair must be kept back in a ponytail

http://dairyspot.com/home-page/lovers/cooking-with-kids
Wash Your Hands!

There are 6 steps:
Read, Set, Go!!

http://www.neatsolutions.com/Images/Products/VWXYZ/wash_your_hands.jpg
Step 1

- Use hot water, wet hands and arms.

Step 2

- Apply antibacterial soap on to your wet hands.
Step 3

- Rub hands and arms fast with soapy foam for at least 20 seconds.
  - One Mississippi, two Mississippi, etc.
Step 4

- Scrub between fingers and clean nails with a clean nail brush.

http://school.discoveryeducation.com/clipart/images/sinksoap.gif
Step 5

- Rinse thoroughly under hot running water.

- Reapply soap and scrub hands and arms for another 5 to 10 seconds (remember Mississippi).

- Rinse again.

http://www.chellochemicals.co.uk/homedir/images/CartoonWashingHands_000.jpg
Step 6 (Last Step)

- Dry hands and arms with a single-use towel.
- Also, make sure to turn off the water by using the towel.
- Throw away towel in a trash can.

What is kitchen safety?

- The kitchen can be a dangerous place, filled with things that can cut, burn, break, crush or sprain our bodies.
- Practicing kitchen safety can help prevent injuries and can help keep us safe.