



NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW

“Chopped”

Kitchen & Food Safety Check List



Food safety is a crucial part of preparing a meal that everyone will be able to enjoy. Follow this check list to ensure that you are using proper food and kitchen safety while preparing your meal.

I. Are you using the following kitchen safety skills?

- | | | |
|---|----------|---------|
| a. Wash hands often using warm water and soap. | Yes ____ | No ____ |
| b. Use knives and other utensils properly/safely. | Yes ____ | No ____ |
| 1. Always cut away from body and toward cutting board. | Yes ____ | No ____ |
| c. Wear clothing and shoes appropriate for the task. | Yes ____ | No ____ |
| d. Lift pan lids away from self to prevent scalds/burns. | Yes ____ | No ____ |
| e. Walk slowly and warn others when carrying something hot. | Yes ____ | No ____ |

II. Are you using the following food safety skills?

- | | | |
|---|----------|---------|
| a. Rinse all fresh fruits/vegetables. | Yes ____ | No ____ |
| b. Use separate plates for raw and cooked foods. | Yes ____ | No ____ |
| c. Keep raw meat away from other foods. | Yes ____ | No ____ |
| d. Make sure food is cooked to proper temperature. | Yes ____ | No ____ |
| e. Put extra perishable food away after using what is needed. | Yes ____ | No ____ |

III. Are you using kitchen appliances/equipment properly?

- | | | |
|---|----------|---------|
| a. Appliances are turned off and unplugged when not in use. | Yes ____ | No ____ |
| b. Burners and ovens are turned off when not in use. | Yes ____ | No ____ |
| c. Pot handles are turned away from edge where they can be knocked over or splashed onto others walking by. | Yes ____ | No ____ |

