Date
Subtheme

Start Time: Choose a start time. **End Time:** Choose an end time.	**Curriculum Area:** Choose a curriculum area. Choose a curriculum area.	**Materials:** • Caution in the Kitchen text • Posterboard • Picture supports • Kitchen props (piece of fruit, gloves, cutting board, trashcan, tissue, paper towels, etc.)

Objective(s):
Students will identify and follow proper hygiene/ safety procedures while cooking in the kitchen/handling food.

Introduction:
- Students will review the adapted text "Caution in the Kitchen" by completing a quick picture walk of the story.
- Teacher will ask the question "Why is it important to practice safety in the kitchen?"
- Have students brainstorm a list of rules to follow while in the kitchen
    - Have predetermined list w/ visuals ready for students to choose

Body:
- Have each student choose a rule to make a kitchen hygiene poster.
- Each student will be responsible for demonstrating awareness of their rule.
    - Student A, B, C – selecting the object their goal aligns with (e.g. soap or glove)
    - Student D – learn a hygiene rap
    - Studetn E, F, G, H – type their rule or write it on the poster
    - Student I , J – select the visual of their rule from a field of 2

Closing:
- Review kitchen hygiene poster
- Have each student present their rule on the poster
- Teacher will ask the question "Why is it important to practice safety and good hygiene in the kitchen?"
- Have students display poster in the kitchen to refer to while cooking.

Accommodations:
Assistive technology
Visual supports
Adapted text

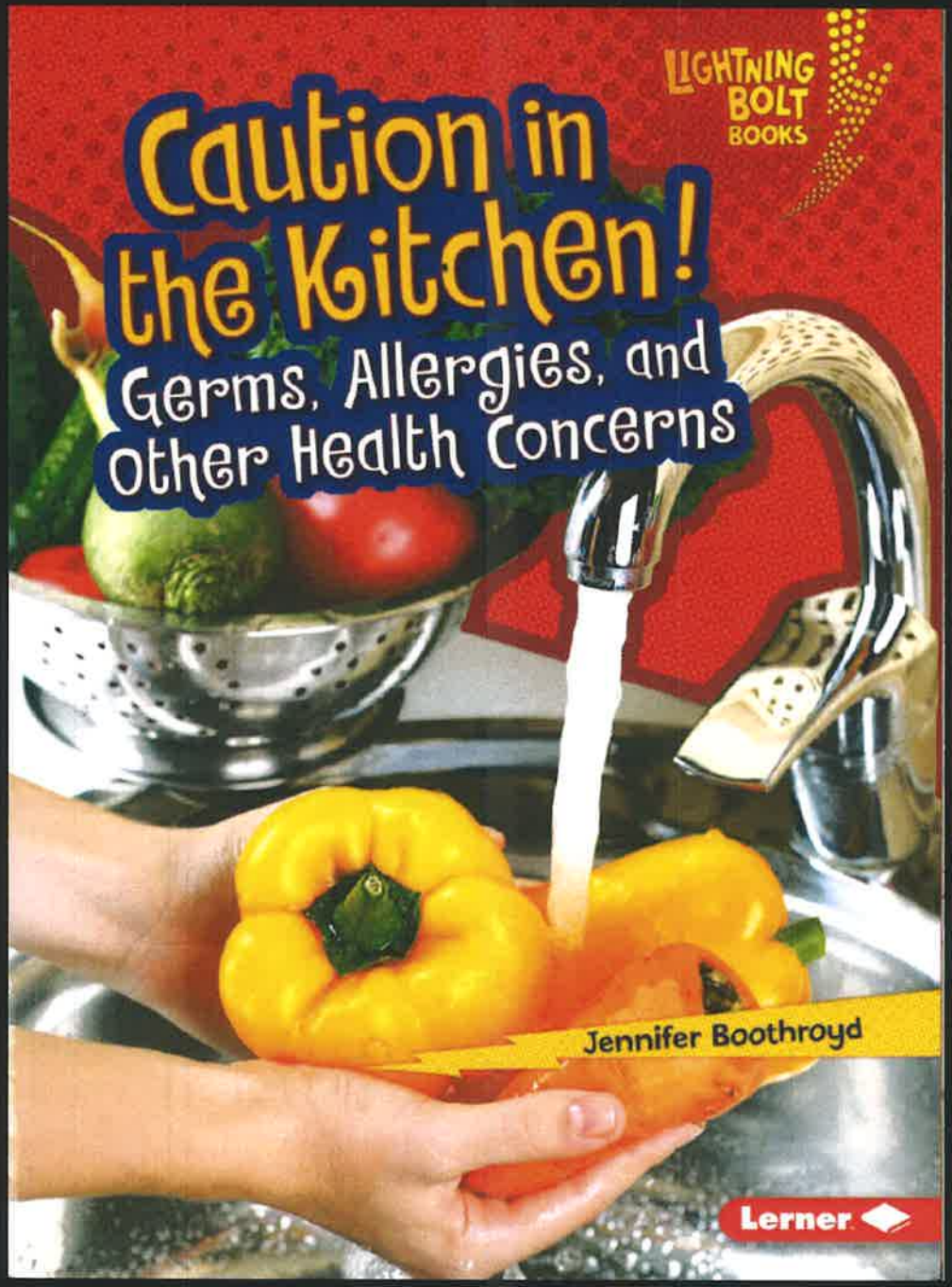
Multiple Intelligences:

☐Linguistic	☐Bodily Kinesthetic	☐Logical-Mathematical
☐Visual-Spatial	☐ Musical	☐Interpersonal
☐Intrapersonal	☐Naturalist	

Common Core Standards (http://www.corestandards.org/read-the-standards/) : Link lesson appropriately to grade level standards. Click on the link above to view the standards.
LCCE Competencies (Link to LCCE Competencies): Link lesson appropriately to LCCE competencies. Click on the link above to view competencies.

example rules

1. Wash hands w/ soap and hot water before touching food
2. Rinse fruits/veggies
3. Wash anything that touches raw meat
4. Store food in airtight containers
5. Make sure frozen food goes in freezer
6. Be aware of others allergies
7. Look at the expiration date / do not eat expired food


LIGHTNING BOLT BOOKS
Caution in the Kitchen!
Germs, Allergies, and Other Health Concerns
Jennifer Boothroyd
Lerner

Turn

Food keeps us healthy. It gives us energy and nutrients.

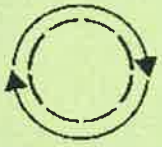
Go Back

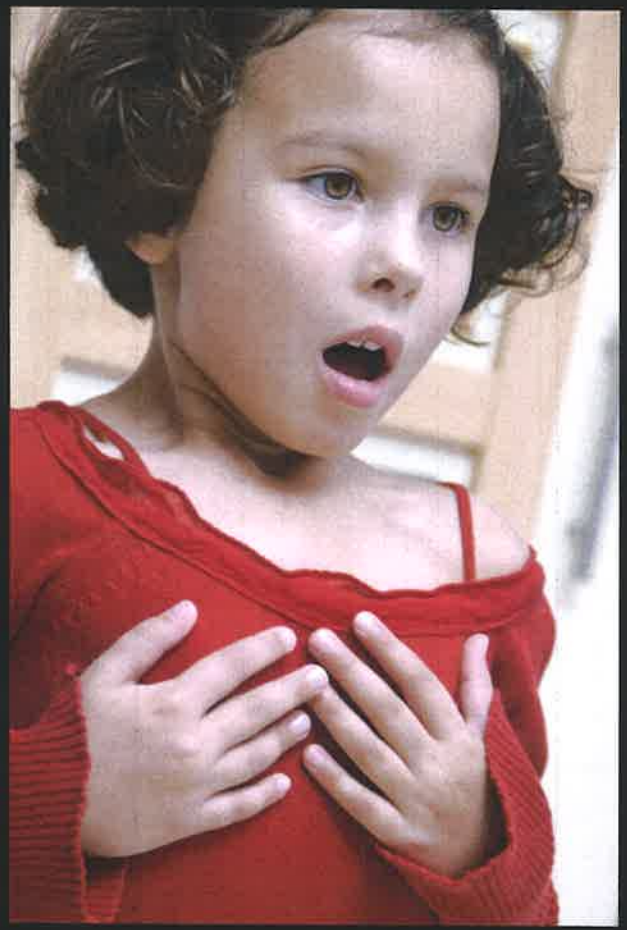
Turn

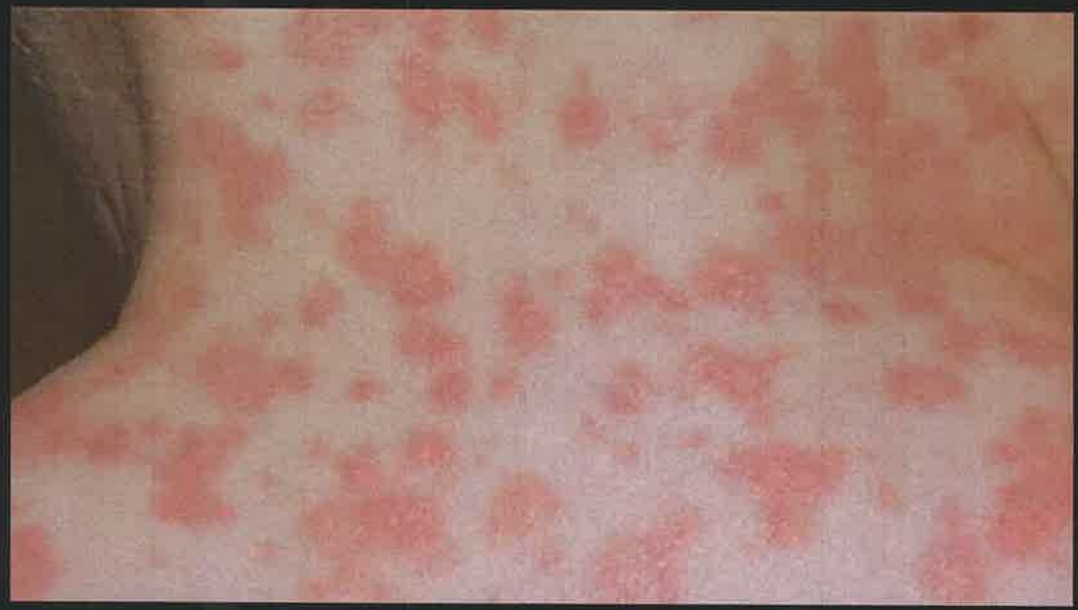
But sometimes, food can make us sick. Some foods have germs.

Go Back

Turn







Some people have allergies.
They can get a rash or have
trouble breathing.

Go Back

Turn

There are many things we can do to make sure our food is safe to eat.

Go Back

Turn

We can wash our hands with soap and warm water before touching food.

Go Back

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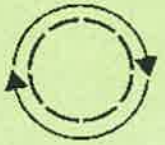


We can rinse fruits and vegetables under running water.

Go Back

Turn

We can make sure to wash anything that touches raw eggs or meat.

Go Back

Turn

We can store food in airtight containers so it doesn't go bad.

Go Back

Turn

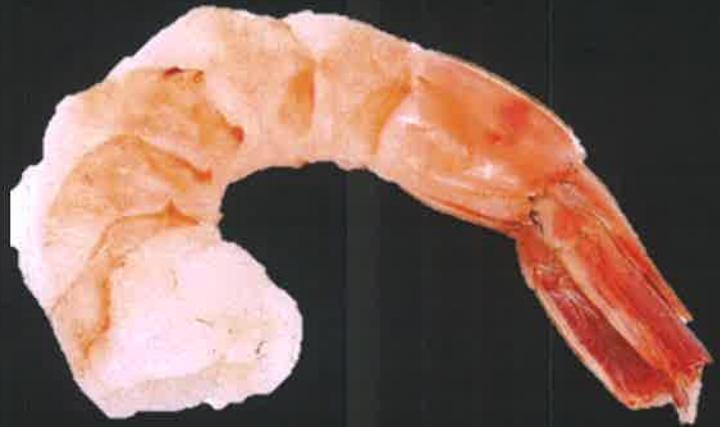
refrigerator

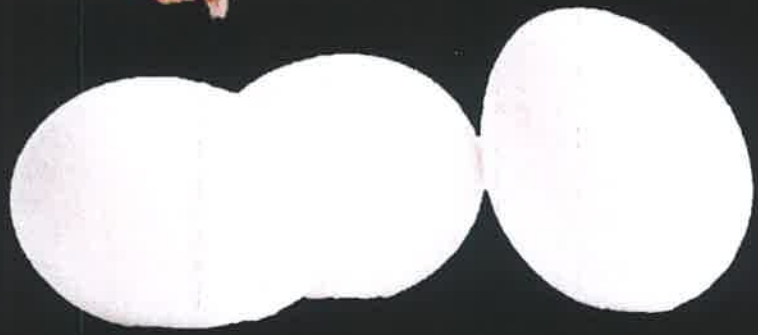
freezer

Some foods go in the refrigerator but frozen foods need to go in the freezer.

Go Back

Turn





The most common foods people are allergic to are nuts, seafood and eggs.

Go Back

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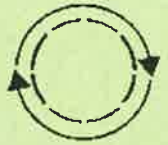

Other people might not have allergies, but some foods can still make them sick.

Go Back

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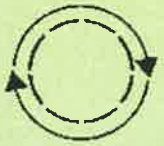

Some people are gluten intolerant which means they cannot eat bread or pasta.

Go Back

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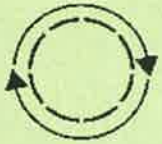

All of these people have to be careful when they order food at restaurants and go grocery shopping.

Go Back

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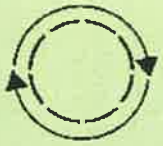

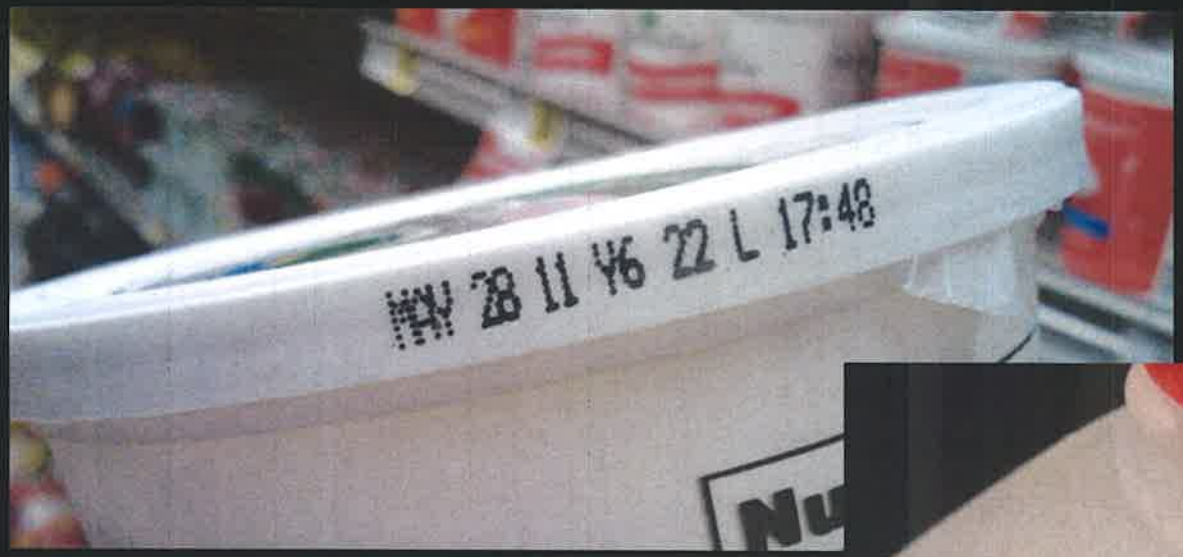

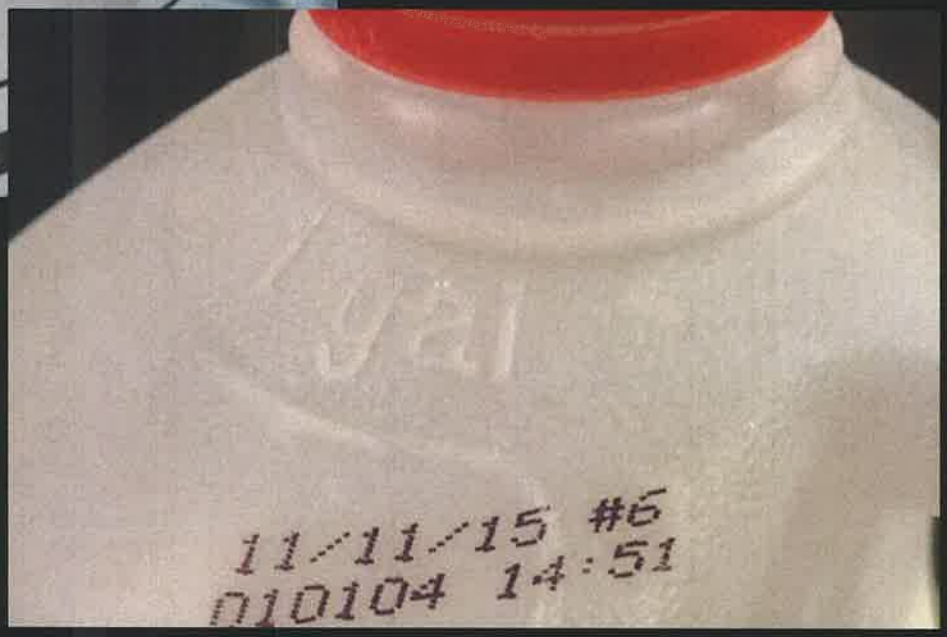

Many foods have an expiration date. You should not eat the food after this date.

Go Back

Turn

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Most foods also have a nutrition label. It tells you what ingredients are in the food.

Go Back

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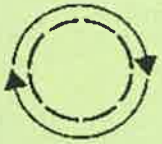

People with allergies usually check the nutrition label to make sure the food is safe to eat.

Go Back

Turn

There are many ways to practice being safe in the kitchen.

Go Back

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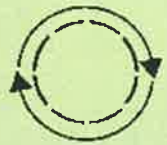
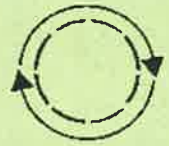


How can you be safe in the kitchen?

Go Back

Turn




STOP
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