

Healthy Cooking, Healthy Living



STUDENT TAKE- HOME PACKAGE

Content

Permission Letter

Student Contract

Positive Participation

Ground Rules

Clean-Up Check List

Basic Rules for Kitchen Safety

Tips for Safe Knife Use

School Letterhead

(Permission Letter)

_____ **(School Name) The Beginner's Cooking Club**

Student Name: _____

Student's Home Phone Number: _____

Emergency Contact and Phone Number: _____

Health Card Number (with version code): _____

Family Doctor's Name and Phone Number: _____

Food Allergies: _____ Food Intolerances: _____

Dietary Restrictions: _____

Medical Conditions necessary to note regarding performance in the Beginner's Cooking Club:

How will your child go home at the end of each session?

- Must wait to be picked up.
- Travel home has been arranged with: _____

I give permission for my son/daughter _____ to participate
(child's name)

in the _____ (school's name) Beginner's Cooking Club. I am submitting \$ _____
with this form to cover the fee for the full 6 sessions.

Parent's signature: _____ Date: _____

PRINT PARENT'S NAME: _____

Please submit all monies in an envelope labeled "The Beginner's Cooking Club" with your child's name.

PLEASE RETURN THIS FORM BY _____ (Date)

Student Contract

Name: _____

Cooperation:

I will cooperate with my club and team members to get work done

Responsibility:

I will be responsible for all work assigned to me (cooking and cleaning)

Respect:

I will show respect to all those working with me (teachers and students)
i.e. I will call adults by their last name (i.e. Miss, Mrs. Mr.)

Behaviour:

I will conduct myself according to the club rules and requirements

I agree to all of the above cooking club conditions.

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____

Please return to facilitator by next club meeting.

Positive Participation

Discuss with your club members and facilitator the following statements:

Cooperative people are:

Responsible people are:

Respect others by:

Behaviour that is positive is:



- **Respect each other**
- **No running, no shouting**
- **No swearing, no horseplay, no teasing**
- **No gum chewing**
- **No loose hair, no loose sleeves**
- **Clean your work area**
- **Wash your dishes**
- **Wash your hands before cooking and eating**



Clean-up Check List

- Equipment washed, dried and returned to proper place.
- Sinks and drains are food free and clean.
- Counter tops, cutting boards have been washed and sanitized.
- Stove tops and burners are grease and stain free.
- Stove elements and ovens are turned off.
- Ingredients have been properly covered and put away.
- Garbage and recyclable materials sorted and disposed of.
- Linens have been put away or set aside for laundering.



Basic Rules for Kitchen Safety

Prevent Burns:

- Always use dry oven mitts or potholders to lift hot things.
- Keep hot handles turned to the centre of the stove.
- When checking under the lid of a pot, tip the lid away from your face to allow steam to escape.
- When walking past people with a hot pot , warn them it is hot.
- Ask for help when carrying hot items that are too heavy for you.
- Wear close fitting clothing and jewelry that does not dangle, this will prevent getting caught on hot items.
- Wear an apron to keep clothing close to your body and away from heat sources.

Prevent Cuts:

- Use the correct knife for the job.
- Always use a sharp knife, dull one requires more pressure and may slip.
- Wash knives separately and store in their proper place.
- Cut away from your body.
- Do not use knives to open cans, cut string or sharpen pencils.
- Sweep large pieces of glass with a broom and dustpan, pick-up smaller pieces with a wet paper towel.
- If a knife begins to fall, never try to catch it – step back and let it fall.
- Always pay attention to what you are doing.



Prevent Falls:

- Walk, do not run.
- Pick-up dropped food and wipe up spills immediately.
- Keep work area floors clear of objects you may trip over.
- Use a stepladder to reach high places.
- Never horseplay and always watch where you are going.

Prevent Electrical Shocks:

- Never use electrical equipment near water, or with wet hands. Be sure electrical cords are not damaged.
- If a machine is not working, unplug it, report it to the person in charge and place an “out of order” sign on it.
- Be sure an appliance is turned off before plugging it in.
- Never use a machine that you are unfamiliar with.

Prevent Poisoning:

- Use chemicals only after you have carefully read the label.
- Never store chemicals in cupboards with food.
- Always store chemicals in their original containers.
- When using chemicals on food preparation surfaces or tools, be certain that all residue is rinsed completely away.

Prevent Fires:

- Keep flammables away from heat sources.
- Never leave cooking food unattended.
- Clean grease from stovetops and ovens.
- Make sure electrical equipment is in good working order.
- Make sure pilot lights in gas stoves are working.



Tips for Safe Knife Use

- ✓ Choose the right knife for the job. Do not use a large knife to peel potatoes, for example.
- ✓ Always use a sharp knife. A dull knife requires more pressure and will slip away from food more easily.
- ✓ Always cut away from yourself.
- ✓ Always cut on a proper cutting surface. Again, this will prevent the knife from slipping.
- ✓ Place a damp cloth under your cutting board to prevent the board from moving.
- ✓ Hold the knife firmly by the handle when using. This allows for greater control.
- ✓ When chopping, mincing, dicing etc., keep the tip of the knife blade on or as close to the cutting board as possible.
- ✓ Never wave the knife around in the air when gesturing.
- ✓ If you need to leave what you are doing, don't take your knife with you.
- ✓ To carry a knife: hold it by your side, firmly by the handle, tip pointing down.
- ✓ If a knife begins to fall, never try to catch it – step back and let it fall.
- ✓ Always wash knives separately from other dishes.
- ✓ Never leave a knife in a sink of water where others may not see it.
- ✓ Store knives safely in their proper place.