



## NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW

### “A Taste in Time”

#### 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 insure 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 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 meats away from other foods. Yes \_\_\_\_ No \_\_\_\_
- d. Made sure foods are cooked to proper temperatures. 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 \_\_\_\_

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