

## **Kitchen Passport**

Participant Name: \_\_\_\_\_

CW Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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### **Section A- Verbal Assessment**

CW will seek to discover if the participant can, with *some* degree of confidence and competence, speak to the following good safety themes. Staff are looking for details of the issues, if vagueness exists, persist for examples.

- How do you boil water?
- What would you do if a fire started while you were cooking fried chicken on the stove top?
- Describe how you would clean a kitchen counter/cutting board?
- How do you know if milk has spoiled?
- What shouldn't you put into the microwave?, what could happen?
- How would you defrost chicken?
- What is Salmonella, how do you prevent it?
- You have just made a meal of Kraft dinner and hot dogs. Describe how you would clean all the dishes?
- You have opened a can of beans and only ate half, what do you do with the left-overs?
- You have just cooked bacon and have all that grease left over in the pan. What do you do with it?
- What should you do if you burn your hand **on** the stove and it starts to get red and blister?

**Staff recommendation:**

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**Youth to proceed to Section B**  Yes          No

Participant Name: \_\_\_\_\_  
CW Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

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**Section B- Physical Demonstration**

The CW seeks to discover if the participant can, with a *greater* degree of confidence and competence physically show or speak directly to the following kitchen concepts.

- 1) Use of stove. The Youth will be able to:
  - Describe which dials operate which burners
  - Why are some burners small and some big?
  - Correctly put a pot of water on the burner to boil, and to simmer
  - Correctly and quickly respond to a stove fire
  - Correctly choose an oven temperature for chosen food
  - Correctly disinfect and clean the stove top
  
- 2) Use of knives. The Youth will be able to:
  - Correctly identify the various uses of the different knives
  - Correctly display how to chop, pare and mince
  - Correctly handle and wash knives
  
- 3) Display of safe food handling/storage. The Youth will be able to:
  - Correctly display how to wash hands before cooking
  - Safely store frozen, raw and cooked food
  - Explain what salmonella and food poisoning are and how the use of various cutting boards will help eliminate illness.
  
- 4) Display of safe cleaning and cleaning products. The Youth will be able to:
  - Demonstrate the safe method of washing cutlery, cups, dishes and pots and pans
  - Demonstrate ability to safety load the dishwasher

- Correctly read and interpret the WHYMIS labels on in-house cleaning items
- Correctly disinfect an area before and after cooking, including the inside of the microwave, stove top & counters

**Staff recommendation:**

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*Participant Name:*

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*CW Signature:*

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*Date:*

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## **Kitchen Passport Answer Key: Section A- Verbal Assessment**

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Q: How do you boil water?

A: Choose a burner size that matches the size of the pot. Using a small pot on a large burner is both dangerous and wastes energy. Fill pot with water, but leave enough room at top, 5 inches from lip of pot. Cover and place on burner. Turn dial to high. Do not leave area while you wait for water to boil. Average time to have water boil is 7-8 minutes.

Q: What would you do if a fire started while you were cooking fried chicken on the stove top?

A: Grease fires will first smoke before they ignite and can be contained in the following ways:  
-first turn the heat off  
-fire extinguisher. Familiarize yourself with its proper use.  
-baking soda  
-cover or smother the fire with a metal, tight fitting lid

Q: How do you know if milk has spoiled?

A: It will have a recognizable unpleasant odor, can be yellowish and may have chunks. Check the expiry date.

Q: Describe how you would clean a kitchen counter/cutting board.

A: Immerse the cutting board in hot, soapy water. Use a scrub brush or rag to scrub the board thoroughly. Rinse in similarly, hot water. This should be the last thing or the only thing that you are cleaning. Nothing should go into the soapy water after the cutting board. Put rag into laundry for cleaning. Put scrub brush into dishwasher for cleaning. Do not use these items to clean anything else. Drain sink. Spray sink with cleaning solution and thoroughly scrub with another scrub brush or rag. Rinse with hot water.

Counter tops can be first wiped down to remove any crumbs or scrub at any stains. Then spray cleaning solution and use a rag to wipe (with 'elbow grease') the counter top, paying special attention to any crevices or areas where there are gaps in the counter. Rinse the rag in hot water and wipe counter again as a rinse.

Q: What shouldn't you put into a microwave? What could happen?

A: Anything that is metal. Foil, forks, knives, dishes with metal trim. Take away wrapping. Metal mixing bowls.  
-grapes, hot peppers (this is ++ dangerous, it emits a toxic vapor!), soap, whole eggs, anything dry (dry sponges, dry towels, dry powders.) They will ignite.

Q: How should you defrost chicken?

A: Not on the counter over night. In the fridge on a lipped bowl over night  
In a bowl of cool water which you change the water every hour  
Microwaving will dry the chicken unless you have a 'defrost' button

Q: What is salmonella and how do you prevent it?

A: Salmonella is a bacteria that can be transmitted through raw foods like chicken, eggs or meat. It can be also transmitted through surfaces that have been poorly sanitized after raw food has come into contact with it. It causes fever, severe stomach cramps, diarrhea and vomiting that can last 4-7 days.

Q: You have just made a meal of Kraft diner and hot dogs. Describe how you would clean all the dishes.

A: Using the single basin approach, first fill sink  $\frac{3}{4}$  way full with hot soapy water.

First clean all cutlery, next glassware, followed by dishes.

Soak pots and pans while you are washing dishes.

Rinse the dishes following each washing from the tap. You may need to replace and refill the water as you go.

Two sink method includes filling one sink with hot water for rinsing and the other with hot soapy water for scrubbing/washing. Follow same steps as above with cutlery first and rinse in clear, hot water. You may need to refill each sink as you go, to get rid of food particles or soapy residue in rinse sink.

Q: You have opened a can of beans and only ate half, what you do with the left-overs?

A: Leaving food in tin cans can cause illness and potentially allow the tin or other toxins to leach into the food. Store un-used food in a sealed Tupperware container and eat within 4 days.

Q: You have just cooked bacon and have all that grease left over in the pan. What do you do with it?

A: Every kitchen should have a grease jar or tin. Pouring grease down a sink or toilet will eventually cause a clog. Pouring grease into the garbage can cause fires or melt plastic. Wait for the grease to cool somewhat, then place jar or tin into sink and carefully pour the grease from the pan into the container. Make sure water and grease don't come into contact, this can cause 'spitting' of the grease and cause burns. Wait for the jar/tin to cool further and cover with lid or tin foil and place in fridge or freezer. You can keep this and re-use, adding more grease as you go until it is full. When it is full and the grease is hardened from being in the fridge/freezer you can then put into the garbage can.

Q: What should you do if you burn your hand on the stove and it starts to get red and blister?

A: First place the hand under cold running water for at least 5 minutes. This will stop the burn from worsening. Do not put ice, butter or other oils on the burn. Do not pop the blister. You can gently put polysporin ointment on the burn and leave open to the air. If you need to cover it, do so loosely. Monitor the site for blackening or if it continues to feel hot after a few hours.