



Welcome To Food Families!





Kitchen Safety Module 5



So...?

- Did anyone price match this past week?
- How many of you completed and used a meal plan?
- Are you tracking your spending?



Agenda

- How Quickly Can Germs Spread?
- The Four Core Practices Of Food Safety
- Kitchen Knives And How To Use Them
- Build Your Own Stir Fry



The Black Light Activity

Time to go to the kitchen and wash your hands.



The Four Core Practices Of Food Safety

1. CLEAN – wash hands and surfaces often
2. SEPARATE – don't cross-contaminate
3. COOK – cook to safe internal temperature
4. CHILL – refrigerate promptly



Kitchen Safety

What questions do you still have?



The Four Knives For Your Home Kitchen

1. Chef's Knife
1. Paring Knife
2. Serrated Knife
3. Boning Knife



Knife Demonstration





Make Your Own Chicken Stir-Fry





What was the most helpful concept expressed today?

What four concepts need to be explored in order to keep your kitchen safe and working properly?