

Food Preparation Ground Rules

1. **Always wash hands before working with food.** This is an extremely important guideline that makes eating healthier and safer. It means warm, soapy water for a minimum of 40 seconds as most effective in reducing the number of germs on hands.

Activity #2, Safe and Clean, is designed to emphasize basic guidelines for safety and cleanliness in food preparation. This activity is recommended before other food preparation activities are included in project work.

2. **Everyone has something to do.** Dependent on age, either have group members organize themselves and be responsible for making sure that the work is fairly distributed or have older teens and adults assist in the division of responsibilities so everyone participates equitably.

3. **Walk, no running.** Accidents are more frequent when care is not taken to walk.

4. **One person working with an appliance at a time.** Be sure to tape down extension and appliance cords. Tie a loose knot where the extension and appliance cords meet so that there will be some "give" in case they are tugged.

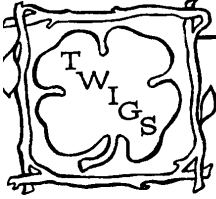
5. **Knives stay at the table.** Sharp knives can be used by elementary age children safely. It is very important that safety is discussed each time they are used.

Some helpful knife safety rules to review with children:

- * Always keep the cutting side of the blade pointed down toward the table.
- * Always keep the sharp point of the blade pointed toward the center of the table and away from people.
- * Always cut "away" from yourself, not "towards" you.
- * Use only when cutting food.
- * Don't cut into the food in the air, but place the food item on a cutting surface, and cut through the food into the cutting board.

If you have large groups of young children and/or limited older youth and adult presence, plastic knives can be used particularly well when cutting soft fruits, such as those used in fruit kabobs.

Allow children to handle knives only when cutting food.



Food Preparation Methodology and Hints

Most activities provided involve dividing youth into smaller groups for preparation of different recipes that they report on and share with the large group. Each activity suggests a division of the larger group, but adults are always encouraged to diversify makeup of each - combine younger and older youth, combine genders, and particularly if a group has a number of young children, provide older teens or an adult advisor to work directly with that group.

Generally, everyone prepares different recipes at the same time in groups, then shares their dish with the rest of the group.

Supply Table

A method that works well is having all supplies that all groups will need on a central supply table. Groups should send runners for specific items called for in their recipe, use what is needed, and as soon as finished, return it to the supply table for others to use. This works well for all food preparation equipment and supplies, including utensils, food items, and serving dishes. Each activity lists specific supplies needed. Remember to bring or make sure sponges, detergent, dish cloths and/or paper towels are available to help with cleanup.

Remember, as supplies are gathered and transported to the location of the activity, **keep cold foods cold and hot foods hot.**

Recipe Directions

To prepare for a hands-on food preparation activity, write each group's recipe in large print on butcher paper. When posted near their station the day of the activity, it is easier for the group to read and follow on their own as they prepare their item.