



VOCABULARY:

- _____:
Everything in its place
- _____:
The temperature range when bacteria rapidly multiply (_____ - _____)
- _____:
Transferring of bacteria

KITCHEN SAFETY TIPS:

- _____ wash your hands _____ you start cooking.
- "_____" your _____ so you don't get _____!
- Remember to _____ the _____ so you get all nutrients your body needs!

Firehouse Cooking Lesson Worksheet

**Print this worksheet before the lesson starts.
Follow along with our lesson to fill in the blanks**

KITCHEN MEASUREMENTS:



- T or Tbsp =
- t or tsp =
- C =
- lb =
- oz =

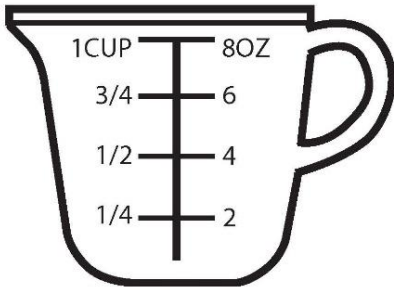
RECIPES:

- Dinner:
- Side:
- Dessert:

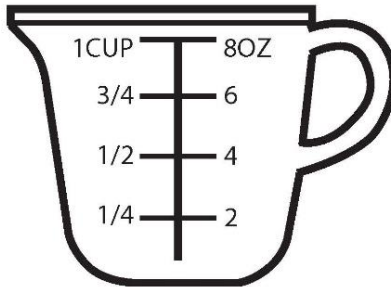


MEASURING CUPS

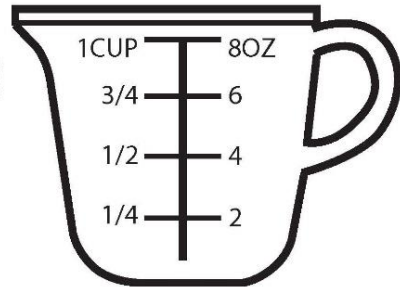
Color the measuring cup up to the indicated amount.



1/2 CUP

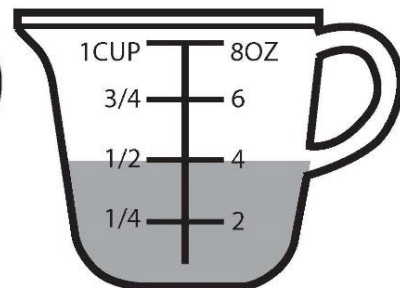
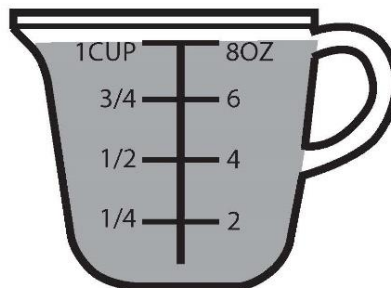
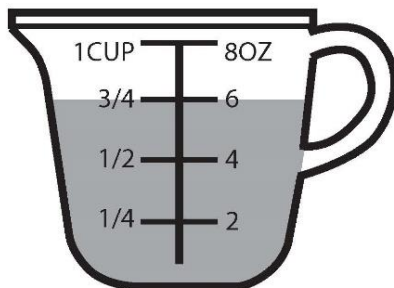


2 OZ.



3/4 CUP

Write down the measurement of each measuring cup in cups and liquid ounces.



Using the measuring cups above convert the following:

3/4 CUP = _____ OZ. 8 OZ. = _____ CUPS

1 CUP = _____ OZ. 2 OZ. = _____ CUPS

1/4 CUP = _____ OZ. 4 OZ. = _____ CUPS

Kitchen Safety

Hidden Pics

See if you can find: binoculars, flip-flop, sock, sand shovel, fire hydrant, sailboat, pizza slice, hammer, comb, book, ice cream cone, leaf, eyeglasses, baseball, banana, butterfly, lightbulb, bell, fried egg, beach ball, baseball bat, pencil, tape measure, 3 smoke alarms!



The name and image of Sparky are trademarks of the NFPA.

Sparky says...
"Stay safe in the kitchen!"

- ★ Stay at least 3 feet from the stove.
- ★ A grown-up should decide when you are old enough to use a microwave oven.
- ★ Stay away from things that get hot.
- ★ Remind grown-ups to keep things that can burn away from the stovetop.

CHECK OUT **SPARKY.ORG** FOR MORE FUN!

