



Firehouse Cooking

Lesson Title: Firehouse Cooking

Grade Level: 2nd-5th

Purpose: Teach age appropriate skills for fire and life safety while teaching to statewide learning standards.

Standards:

Family and Consumer Sciences National Standards

Food Production and Services:

8.2 Demonstrate food safety and sanitation procedures.

8.2.1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.

8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.

8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.

8.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques

8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.

8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.

8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.

8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.

Washington State Health and PE Standards:

Health:

PE3.8.3a Create a balanced meal.

H1.Sa2.5 Explain how to respond to emergency situations.

Safety:

- **Kitchen and Cooking Fire Safety**

Objectives: The students will demonstrate understanding of:

- **How to safely prepare:**
 - **Chicken Piccata with Roasted Vegetables**
 - **Carmel Sauce for Ice Cream**



Vocabulary:

- **Mise en Place-** Putting everything in its place.
- **Danger Zone-**The temperature range when bacteria rapidly multiply.
- **Cross Contamination-**transferring of bacteria from one surface to another.

Time: 75-90 minutes for presentation and demonstration.

Instructional Content:

Use this bulleted list to guide you and keep you on track and meeting all objectives for lesson. Everyone has their own style for teaching, the most important thing is the make it fun and engaging for the kids.

- **Warm up Activities:** (5-7 Minutes)
 - **Mini KWL:**
 - Ask students to individually make a mini KWL chart about kitchen safety.
 - K-What do you already know about kitchen safety?
 - W-What do I want to know about kitchen safety?
 - **Bell Ringer:**
 - Firehouse Cooking Bell Ringer:
 - Have students complete the Firehouse Cooking Bell Ringer.
 - **Entrance Ticket:**
 - Ask students to try to define: Mise En Place, Danger Zone, Cross Contamination
- **Video:**
 - Follow the link:
 - http://www.snofire7.org/preparedness_education/home_education_lessons/lesson-details.cfm?record_id=8
 - Watch Video:
 - Run time: 1:00
 - Have students fill out the worksheet as they watch.
- **Closure Activities:** (5-7 Minutes)
 - **Firehouse Cooking Bell Ringer:**
 - Have students complete the exit ticket activity provided below.
 - **Exit Ticket:** What did you learn about cooking or about healthy eating?
What are 2 ways you can stay safe in the kitchen?
 - **Exit Ticket:**
 - Ask students to use what they learned to add more detail to the definitions they wrote at the beginning of class for the following terms: Mise en Place, Danger Zone, Cross Contamination
 - **Mini KWL:**
 - Ask students to finish the last column for the KWL chart about kitchen safety.
 - L-What did you learn?

Homework and Enrichment Activities:

- Liquid Measurement Worksheet
- Cook the Recipe at Home
- NFPA Kitchen Safety

Handouts:

- Firehouse Cooking Bell Ringer
- Firehouse Cooking Exit Ticket
- KWL Chart
- NFPA Kitchen Safety



MINI KWL CHART



NAME OF STUDENT:

SUBJECT:

LESSON:

**WHAT I
KNOW:**

**WHAT I
WANT TO
KNOW:**

**WHAT I
LEARNED:**

