

VIDEO GUIDE
Cooking and Kids

Target Participants: Grades 5-8
Possible Presenters: Teachers, Firefighters,
Community Organizers

1. Background

Cooking fires are the #1 cause of home fires and home fire injuries. Most cooking equipment fires start with the ignition of common household items (e.g., food grease, cabinets, wall coverings, paper, plastic bags, etc.). Easily implemented steps can be taken by individuals to prevent cooking-related fires and to protect themselves from injury should a cooking fire occur.

2. Goal

Students/participants will learn how to reduce the risks of burns and residential fires through demonstrations of how to prepare foods (that children normally prepare when they are home alone) and safe kitchen and cooking practices.

3. Learning Objectives

Students will learn:

- Technical information and dangers relating to boiling liquids, steam and scalding burns, pan lid removal, oven and microwave cooking, flammable materials, grease fires, etc.

- Safety tips in the kitchen while cooking
- How to put out different types of kitchen and cooking fires
- Proper burn first aid and how to call for help
- Personal responsibility for keeping the home safe while cooking

4. Skills:

No Child Left Behind: Pennsylvania Standards

Academic Standards for Health, Safety, & Physical Education, Commonwealth of Pennsylvania: Safety and Injury Prevention (10.3.6 and 10.3.9)

6. Materials:

DVD/video, *Cooking and Kids* fact sheet and video guide, flip chart or board, hand-outs, evaluation form.

7. Introduction & Warm-Up

Tell participants that they will be viewing a classroom setting where students are learning about kitchen and cooking safety scenarios. Using the *K-W-L* teaching activity sheet (*Know-Want to Know- Learned*) ask the students to list independently what they know about the dangers and causes of kitchen fires; what they want to know; and explain that after viewing the video, they will be asked what cooking safety messages they learned. While discussing the "K" and "W" lists the students will be motivated to watch the video and learn its messages.

8. Procedures - Activities - Closure - Assessment

Options for viewing and learning:

- Stop the video after each cooking scenario and list on flipchart (or board) what the students learned, or wait until the end of the video and review each scenario.
- Ask students to share their individual cooking experiences and if setting and materials allow, let the students demonstrate what they would do in the various cooking situations viewed in the video.
- Close with a review of the key safety messages learned.
- Distribute hand-outs. Students can complete the worksheets independently, followed by class discussion. This can be accomplished through whole-group participation or in smaller groups for discussion.
- Students can work in teams to design interactive learning games, such as Cooking Safety Wheel or Out of Jeopardy Board to include the messages from the video.

Take Note:

- Use *Cooking and Kids* fact sheet for additional background and facts.
- For details about DVD/video curriculum package; downloading worksheets and activities; completion of evaluation form; and for expanded reference and resource information please go to Burn Foundation's Website: www.burnfoundation.org
Click on Project BurnSafe™