

Food Management



The Learning Inventory of Skill Training-LIST

Created by CRMHC OT staff and students

Basic:

(Must know 3 out of 5)

1. Knows it is important to wash hands before eating and preparing food.

Wash your hands!!!

Your hands can easily spread bacteria around the kitchen and onto food. It's important to always wash your hands thoroughly with soap and warm water:

- before starting to prepare food
- after touching raw food such as meat, poultry and vegetables
- after going to the toilet
- after touching the garbage bin
- after touching pets

Don't forget to dry your hands thoroughly as well, because spread bacteria more easily.



wet hands

11 Gross Things That Can Happen When You Don't Wash Your Hands Enough

1. You might catch more colds
2. You could get or spread food poisoning
3. You're infecting everyone you touch
4. You could get pink eye
5. You could get or spread a disease
6. Diarrhea may become a frequent visitor
7. It could contribute to antibiotic resistance
8. Dirt will accumulate under your nails



Steps to Wash Hands

Step-1



Rub palms together

Step-2



Rub the back
of both hands

Step-3



Interlock fingers
and rub the
hands together.

Step-4



Interlock fingers and
rub the back of fingers
of both hands

Step-5



Rub thumb in a rotating manner
followed by the area between
index finger & thumb.

Step-6



Rub fingertips
on palm for both hands

Step-7



Rub both wrists in
a rotating manner
rinse and dry thoroughly.

Wash your hands for at least 20 seconds (to help keep time, hum the Happy Birthday Song twice)

2. Can describe the five food groups and foods that contribute to a healthy lifestyle

5 Food Groups

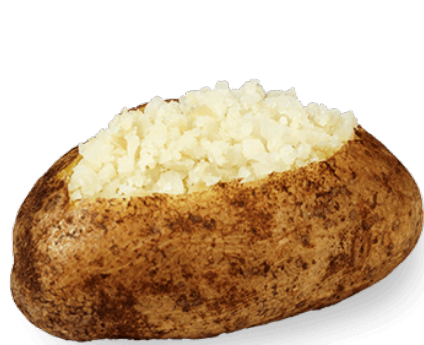
1. **Dairy:** the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.
2. **Fruit:** fruit provides vitamins, minerals, dietary fiber and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.
3. **Grain (cereal) foods:** always choose wholegrain and/or high fiber varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.
4. **Lean meats and poultry, fish, eggs, tofu, nuts and seeds:** our body uses the protein we eat to make specialized chemicals such as hemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.
5. **Vegetables, legumes and beans:** vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fiber and phytonutrients (nutrients naturally present in plants) to help your body stay healthy

THE 5 FOOD GROUPS



Healthy vs. Unhealthy Food

Healthy:



Unhealthy:



Healthy vs. Unhealthy Worksheet

Check all foods that are HEALTHY

- Apple
- French Fries
- Baked Potato
- Chicken Nuggets
- Grilled Chicken
- Ice cream sundae
- Oatmeal with fruit
- Coco Puffs Cereal
- Carrot Sticks
- Mozzarella Sticks
- Soda
- Water

Answers:

- Apple,
- baked potato
- grilled chicken
- oatmeal with fruit
- carrot sticks
- water

3. Knows name and appropriate use of cooking utensils

Kitchen Utensil: a small hand held tool used for food preparation. Common kitchen tasks include cutting food items to size, heating food on an open fire or on a stove, baking, grinding, mixing, blending, and measuring; different utensils are made for each task.

Measuring Spoons:



Used to measure the amount of ingredients called for by the recipe. This could include tablespoons or teaspoons.

Measuring Cups:



Used to measure the amount of ingredients called for by the recipe. This could include the measurements from 1/8 to 1 cup, 2 cups, etc.

Hand Mixer or Blender:



Mixes ingredients well. Used a lot in baking.

Whisk:



A wire kitchen utensil used for beating food by hand.

Pizza Cutter:



Used to cut food (pizza) into slices.

Fork/Knife/Spoon:



Used to eat.

Non-stick pan: used to cook the food over a stove



Spatula/Flipper:



A broad, flat, flexible blade used to mix, spread and lift material

Colander or Sieve:



We commonly refer to both colanders and sieves as “strainers,” although technically we use a colander to drain (discarding liquids like pasta water) and a **sieve** to strain (saving liquids like broth for stock).

Cheese Grater:



Used to grate foods into fine pieces.

Spatula/Scraper:



A kitchen scraper is a [kitchen implement](#) made of [metal](#), [plastics](#) (such as [polyethylene](#), [nylon](#), or [polypropylene](#)), [wood](#), [rubber](#) or [silicone rubber](#). In practice, one type of scraper is often interchanged with another or with a [spatula](#) (thus scrapers are often called spatulas) for some of the various uses.

Vegetable Peeler:



A peeler is a kitchen tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin or peel of certain vegetables, often potatoes and carrots, and fruits such as apples, pears, etc.

Rolling Pin:



A rolling pin is a cylindrical food preparation utensil used to shape and flatten dough.

Can Opener:

Device used to open [tin cans](#)



Butcher Knife:



A butcher knife or butcher's knife is a knife designed and used primarily for the butchering or dressing of animal carcasses.

4. Knows appropriate storage place for different items

Tips on storing food and leftovers

Retrieved from: <https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>

What goes in the Fridge?

- Some foods need to be kept in the fridge to help slow down germs' growth and keep food fresh and safe for longer.
- These are foods marked with a "use by" date and "keep refrigerated" on the label, such as milk, meat and ready meals.
- Cool down leftovers as quickly as possible (ideally within two hours), store them in the fridge and eat them within two days.
- It is safe to let food cool completely at room temperature before storing it in the fridge.
- Avoid putting open tin cans in the fridge, as the food inside may develop a metallic taste.
- Follow the manufacturer's instructions or place the contents in a storage container or covered bowl before refrigerating.

Fridge Maintenance:

- Keep your fridge temperature at **40 F or below**.
- If your fridge has a digital temperature display you may wish to check it against an internal fridge thermometer now and again to make sure it's accurate.
- Clean and inspect your fridge regularly to ensure it remains hygienic and in good working order.

Used By Dates

- No food lasts forever, however well it is stored. Most pre-packed foods carry either a "use by" or a "best before" date.
- "Use by" dates appear on foods that go off quite quickly. It can be dangerous to eat foods past this date.
- "Best before" dates are for foods with a longer life. They show how long the food will be at its best.
- Food can look and smell fine even after its "use by" date but that doesn't mean it's safe to eat. It could still contain bugs that could make you ill.
- Eating food past its "best before" date is not dangerous, but the food may not be good quality



Where to Store Food:

- Vegetables:
 - All vegetables besides potatoes should be stored in the refrigerator.
- Fruit:
 - Most fruit should be kept in the refrigerator drawer.
 - Berries, grapes, apples, oranges
 - Some can be stored at the top of a countertop
 - Bananas, melons, pears
- Meat:
 - All ground meat and poultry meat should be in the refrigerator no longer than 48 hours prior to cooking it. In order for the meat to last longer, you can freeze the meat to prepare later.
 - In the refrigerator meat should be wrapped and placed on the lower shelf on a plate to catch any juices that might drip off.
- Eggs:
 - Always store in the refrigerator.
- Bread:
 - Store on the countertop or freeze in the refrigerator for later.
- Dry items:
 - Be sure to keep chips, cereals, pasta, or any dry food properly stored away. Be sure to pick up crumbs to prevent bugs.

Reference for further information:

https://www.buzzfeed.com/christinebyrne/how-to-store-yourgroceries?utm_term=.bsKGxew7gK#.gnkngJEpv

Freezing Food

- Place food in an airtight container that is designed for freezer use or wrap it tightly in freezer bags before placing in the freezer otherwise the cold air will dry it out.

Using Leftovers

- Don't throw away leftovers: they could be tomorrow's lunch! Follow these tips to make the most of them:
 - Use refrigerated leftovers within two days.
 - Always defrost leftovers completely, either in the fridge or in the microwave.
 - When defrosted, food should be reheated only once, because the more times you cool and reheat food, the higher the risk of food poisoning.
 - Cooked food that has been frozen and removed from the freezer should be reheated and eaten within 24 hours of fully defrosting.

Three Tips for Keeping Leftovers Safe

1

- Place leftover cooked foods in the refrigerator within two hours in clean, covered containers to prevent bacteria growth.

2

- Break it down – large amounts of leftovers should be broken down into smaller servings before being stored. Cut large pieces of cooked meat or whole poultry into smaller pieces and divide liquids like soups or stews into smaller portions. The smaller pieces/portions will chill faster.

3

- Take-out and doggie bags should also be placed in the fridge within two hours.

5. Knows how to tell when food is spoiled/old and how to use dates on food packages

Signs of spoilage:

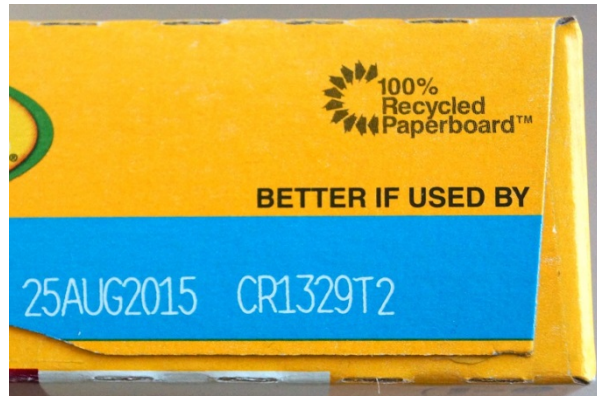
- **Discoloration:** Discoloration of food and mold often looks like a fuzzy white, green, or dark-colored spot or spots. Meat may be discolored or graying. Mold can contain bacteria that will make you sick or can be poisonous.
- **Odor:** If the food item has a foul odor, it is likely spoiled.
- **Look at the expiration date.** If the date on the food packaging has passed the 'use by' date, food is no longer good to eat, throw it out!
- **Texture:** If the texture is no longer what is typical and possibly slimy. This is an indicator that the food item is spoiled.
- **Appearance:** Look for soggy edges on leafy vegetables. They will begin to turn brown and develop a slimy coating. Discard any leafy vegetables that look like this.

- Examples of spoiled food:



Worksheet:

Circle which foods have spoiled



Answers to Worksheet:

Circle which foods have spoiled

