Technological University of the Philippines – Taguig
Km. 14 East Service Road, Western Bicutan Taguig City

VISION: The Technological University of the Philippines shall be a premiere state university with recognized excellence in engineering and technology education at par with the leading universities in the ASEAN region.

I. Objective:

At the end of this lesson students should be able to:

1. Define occupational health and safety (OHS)
2. Identify the proper safety practices and common kitchen hazards.
3. Evaluate the importance of following proper occupational health and safety procedures in the kitchen.

II. Subject Matter:

Importance of Occupational Health and Safety Procedure

GRADE 7_COOKERY_page_18-19_WEEK_6-7

III. Materials:

1. Laptop
2. Projector
3. Images
4. PowerPoint Presentation
5. Instructional Materials/Printed Materials

IV. Procedures

Teachers' Activity	Student's Activity
Preparation **1. Opening Prayer** Before we start, please stand up for a prayer. May I ask (point to a student)to lead the prayer.	Student 1: Leads the prayer

2. Greetings and Introduction Good afternoon, Class! My name is Judith Catina, you can call me Ma'am Judi and I will be your teacher for today's lesson.	Good afternoon, ma'am Judith!
3. Classroom management Ok class, before you take your seat, kindly pick up if there are scattered pieces of paper in your surroundings and check your sitting arrangement and make sure our area is clean. Please be seated. So how are you today? That's wonderful to hear!	(Students will start picking up the pieces of paper and plastic then they throw it inside the trash bins) Thank you, ma'am Judith, We are good, we are great, we are very well today.
4. Checking attendance Let's check the attendance first. Say present when your name is called. Very good! Everyone is present this afternoon.	Yes, ma'am Judith. (Students respond accordingly.)
5. Classroom rules **C** - Clean and Organized **A** - Act Responsibly **R** - Respect Life **E** - Engage Actively **S** - Stay Prepared Are we all clear?	Yes Ma'am.
6. Motivation Let's play a quick game called 'DANGER and SAFE'. I will show you a kitchen scenario. If you think the action is SAFE, raise both your hands up. If you think it is DANGEROUS, cross your hands. READY! 1. Wearing gloves when handling hot pans. 2. Spilling water on the kitchen floor and not cleaning it.	Yes ma'am. Student: Safe(raise hands) Student: Danger (cross hands)

3. Using a Class K fire extinguisher for grease fire. 4. Cleaning the stove regularly to prevent grease buildup. Verygood, you already have some idea of what is safe and unsafe in the kitchen. Today, we'll learn more about why it's important to follow safety procedures, not only for your own protection, but also to keep everyone in the kitchen safe.	Student: Safe(raise hands) Student: Safe(raise hands)
1. Lesson Proper Let's read and understand what Occupational Health and Safety means, and how it applies in our school kitchen or even to our kitchens at home. * Miss/Mr. Can you read the definition? *Thank you. Very good, it also means that everyone, not just workers, but also people around them, like customers or family members, are affected by the safety of the work environment. *Miss/Mr. Please read the next part. That means we are not only talking about sickness or injuries, but making sure the kitchen is a safe and healthy environment to work in. Now, let's continue learning about why these procedures are important. *Everyone, can you read the benefits of practicing Occupational Health and Safety procedures.	Student 1: Occupational Safety and Health is a cross-disciplinary area concerned with protecting the safety, health and welfare of people engaged in work. Student 2. Health has been defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Student 3: Effective occupational health and safety procedures may lead to: 1. Occupational safety creates new opportunities 2. Occupational safety affects company reputation and

Thank you, so by following these practices, we can stay safe and help improve the kitchen environment.

Ms/Mr. Please read some kitchen safety practices.

productivity

3. Well maintained occupational safety saves money
4. Control hazards and risks in the workplace

Student 4:

5. Use caution when working around hot oil

6. Get trained in the proper use and maintenance of your deep fryer

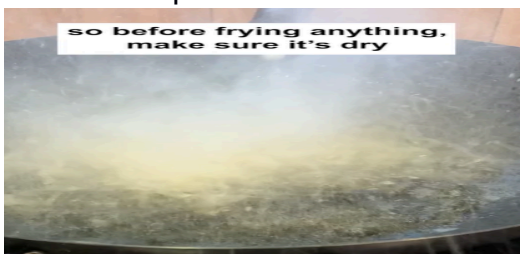
7. Observe all safety procedures and wear all protective equipment provided for your use while preparing hot items.

8. Use gloves and scrapers and other cleaning tools with handles.

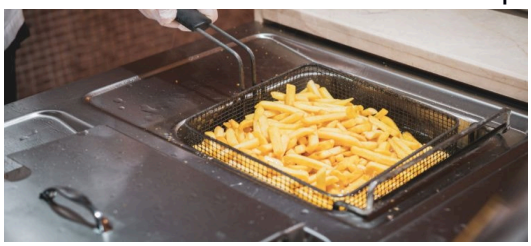
Those are very useful tips. They apply not only in restaurants, but also when we help in the kitchen at home. Everyone please continue reading the remaining safety tips.	 9. Use the correct grease level and cooking temperatures for your deep fryer. 10. Keep stove surfaces clean to prevent grease flare-ups. Student 5: 11. Avoid reaching over or climbing on top of fryers and other hot surfaces. 12. Keep floor surfaces clean and dry.

13. Do not work closely to hot fryers when the floor is wet.

14. Do not spill water or ice into oil



15. Do not overfill or pour excessive amounts of frozen fries into the deep fryer

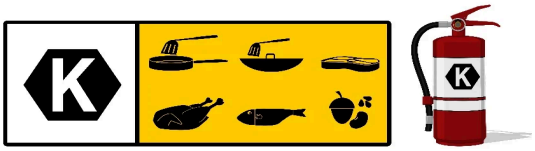


.

16. Do not pour excess ice from fry packages into the fryer.
17. Do not overheat the oil.
18. Do not move or strain hot oil containers; wait until the oil is cool.
19. Do not store oil on floors by grill area.

Thank you. So now we see that kitchen safety is not just about following rules but building good habits that protect us and others.

20. Extinguish hot oil/grease fires by using a class K fire extinguisher.

Can anyone give me one example of a good kitchen safety practice that we should always follow? Great! That's the kind of mindset we want to develop when it comes to OHS or Occupational Health and Safety.	  Student 6: Always wear gloves and clean the stove to prevent fire.
2. Generalization In general, after everything we've discussed today, it is clear that Occupational Health and Safety procedures are not just rules, they are important habits that protect us from danger, help maintain cleanliness, and improve our productivity in the kitchen. Is that clear?	Student 1: Yes ma'am.

3. **Application**

Instruction for the Class: Form 5 groups. Each group will pick one scenario from the mystery box. Read the scenario together and evaluate if the person in the situation is following OHS procedures or not. Then, provide at least one reason for your answer. Choose a representative to share your group's evaluation in front of the class

Scenario 1: Daniel checked the oil level and cooking temperature before starting to fry frozen fries.

Scenario 2: Sofea threw ice cubes into a pot of boiling oil to cool it faster

Scenario 3: Before cooking, Andrea made sure her apron was tied securely and that her hair was covered with a net. She also checked that her work area was clean and dry

Scenario 4: Christian Mike noticed the fryer oil was overheating but continued cooking to finish quickly. Moments later, smoke started rising from the oil.

Scenario 5: France was using a sharp knife without a chopping board, slicing vegetables while holding them in his hand. He said he was used to it and didn't need safety tools.

V. Evaluation

Instructions: Read each question carefully. Choose the correct answer for each item.

1. What is the goal of Occupational Health and Safety procedures?
   a. To clean the kitchen faster
   b. To prevent hazards and promote well-being
   c. To add more rules in the kitchen
   d. To make cooking more difficult
   Answer: b
2. Why should you avoid spilling water into hot oil?
   a. It cleans the oil
   b. It makes the oil cook better
   c. It can cause a dangerous fire or explosion
   d. It cools the oil
   Answer: c
3. Which item is used to put out a grease fire?
   a. Water
   b. Class A extinguisher
   c. Baking soda
   d. Class K fire extinguisher
   Answer: d

4. What should you wear when handling hot kitchen items?
   a. Sandals
   b. Gloves and protective tools
   c. Apron only
   d. Wet cloth
   Answer: b
5. What is one benefit of following OHS procedures?
   a. It causes more workload
   b. It makes cooking slower
   c. It protects people and improves safety
   d. It creates more accidents
   Answer: c

VI. Assignment / Agreement

Instruction: Observe your kitchen at home. Write down 3 safety practices your family follows and 1 suggestion to improve safety. Be ready to share next meeting.

Prepared by:	Submitted To:
Catina, Judith	Krystel May Alvarado