

# Hello Chef Curriculum Level 0

## Level 0:

### Lessons:

- Safe Food Handling
  - Explain the concepts of hand washing, the division of raw and prepared ingredients as proper ways to store such ingredients
    - Raw meats should never come in contact with any surface that has cooked ingredients on. Always use another plate or cutting board
    - Proper food storage sizes and timelines
- Safe Knife Handling
  - Explain the proper ways to hold a knife and cut to ensure you don't cut your fingers off
- Safe Heat Handling
  - Explain how to properly use the oven, stove, toaster etc so that you don't accidentally burn yourself
    - When straining boiling water be sure to stand out of the path of the steam
    - When you open the oven do not immediately enter the path of the door to avoid the burning hot gases
    - When using the stove make sure all pan and pot handles are flush with the stove/countertop
    - Use oven mitts to remove items from the oven
    - The proper procedure for removing items from a toaster that become stuck

### Pamphlets:

- Recommended Items to buy for the kitchen
  - Necessary items
    - frying pan of some kind
    - Oven pan
    - Pot of some size
    - Utensils
    - Spatula
    - Silicone scraper
    - A sharp knife
    - Plates and bowls

- Cutting board
  - A meat thermometer of some kind
- Recommended items
  - Multiple frying pans of different types and sizes (nonstick, cast iron)
  - Tongs
  - Instant read meat thermometer
  - A saucepan, and pots of varying sizes
  - Multiple oven pans
  - Can opener
  - Peeler
  - Garlic press
  - Measuring cups and spoons
  - Whisk
  - Food storage containers
  - Reusable salt and pepper shaker
  - Reusable spice and herb containers
  - Multiple cutting boards
- Recommended ingredients to stock up on for the pantry
  - Often used:
    - Salt
    - Pepper
    - Some kind of oil (vegetable, olive, avocado)
    - Garlic powder
    - Onion powder
    - Flour
    - Sugar
  - Good to have on hand:
    - Eggs
    - Butter
    - Milk
    - Baking powder
    - Dried rosemary
    - Dried oregano
    - Dried thyme
    - Dried Basil
    - Cumin powder
    - Chicken/beef/chicken bouillon
    - Ground mustard seed
    - Chili powder
    - Cayenne pepper
    - White and balsamic vinegar
    - Soya sauce
    - Dried pasta
    - White rice

- Lemon juice
- Lime juice

## Exercises:

- Spot the infraction
  - Layout videos or photos that have a safety mistake being made and get the user to point them out. Could frame the user as a health inspector with limited lives for some gamification