

Cal Teaching Kitchen: Self-Guided Training

144 Morgan Hall, UC Berkeley

How to Use this Training

1. Review and understand the Cal Teaching Kitchen User's Manual
2. Read through the slides in this presentation
3. Answer the questions at the end of this presentation

Rules for Using the Cal Teaching Kitchen

Follow all CTK lab rules as indicated in the manual – failure to follow the rules will result in payment for any damaged equipment and/or necessary cleaning, and denial of future use of the teaching kitchen.

What You Can and Cannot Use

Come prepared knowing what equipment you can and cannot use in the lab as indicated in the manual.

Remember to bring all items necessary for a successful teaching kitchen experience.

Dress Code for Kitchen Safety

- Clothes with tight-fitting sleeves and aprons when cooking
- Close-toed, sturdy, non-slip shoes
- Long hair tied back
- Hairnets or hats
- Avoid jewelry that can get caught

Practice Good Hygiene

- Clean clothes and aprons
- Clean hands and fingernails
- Always wash your hands before working with food or changing tasks: Use soap and hot water and rub for at least 20 seconds
- Clean equipment before use as necessary and always clean after use

Prevent Cross-Contamination

contamination - the presence of harmful substances in food

- DO NOT allow body fluids of any kind (sneezing, spit, runny nose, etc.) on food or food contact surfaces
- DO NOT touch dirty food surfaces and then touch food
- DO wash your hands before handling food
- DO cook food to proper internal temperatures
- DO wash your knives and cutting boards to prevent spreading bacteria

Prevent Cross-Contamination

If you or someone else from your group has any of the below symptoms, you/they are NOT allowed to use the teaching kitchen:

- Diarrhea
- Vomiting
- Fever
- Nausea
- Cramps

Pay Attention to Temperature

The “danger zone” for foods: 41° F - 135° F

Check your food temperatures to make sure it's not too high or too low before/during cooking.

- Thermometers available at stations
- If food is in the “danger zone” for more than 4 hours, throw it away

Simple Knife Safety Tips

- Always use a cutting board
- Carry a knife by the handle with the tip down and the blade turned away from your body
- Keep the point of the knife on the cutting board while chopping
- Cut downward and away from your body
- Use your free hand to firmly hold the food item against the cutting board, making sure fingers are out of the way
- Store knives in knife drawer after use

Know Good Knife Skills

- Watch this video for some basics:
<https://www.youtube.com/watch?v=zGQltxlipFg>
- Note: We do not sharpen knives in the CTK
- If you're just starting out, you'll be going a lot slower than Jamie Oliver!

Fires

If there is a grease fire, smother it. ***Do not pour water on a grease fire!***

Pan of food: put a lid on the pan and turn off the stove

Oven: close the oven door and turn off the heat

Microwave: close the microwave door and unplug microwave

If the fire does not go out immediately, call the fire department: 510-233-5223

Burns

If you get burned, run cool water over the area for 10-15 minutes.

If the skin is charred or blistered, see the doctor immediately.

Stop, Drop, & Roll

If your clothes catch fire:

Stop where you are

Drop to the ground & cover your face

Roll over and over to smother the flames

If someone else's clothes catch fire:

Push them to the ground

Roll them over and over until flames are out

Fire Extinguisher

Pull

Aim

Squeeze

Sweep

You can find the fire extinguisher next to the front door and hand washing sink

Spills

Small/harmless spills:

- Wipe it up

- Clean the area (cleaning supplies under sink at station 9)

Larger/harmful spills and/or breakage:

- Contact Eddie Cazarez at (510) 643-2606

Before Leaving Kitchen

- Clean, dry, and store all equipment where it was found
- Discard any unused food and beverage waste/trash
- Drain and clean all sinks of food and wring sponges
- Wipe down stovetops and counters
- Sweep the floors
- Put away knives
- Lock all cupboards that were open, return key
- Throw any dirty aprons in the laundry bin
- Turn off lights & lock door behind you

Training Quiz

Refer to User's Manual and this presentation

QUIZ!

1. What should you do if you have a small, harmless spill?
 - a. Call Environment, Health & Safety
 - b. Ignore it until you're completely done in the kitchen
 - c. Clean it up right away
 - d. Cover it up before anyone else sees
 - e. Tell the NST administrator

QUIZ!

1. What should you do if you have a small, harmless spill?
 - a. Call Environment, Health, & Safety
 - b. Ignore it until you're completely done in the kitchen
 - c. Clean it up right away**
 - d. Cover it up before anyone else sees
 - e. Tell the NST administrator
- *Cleaning supplies are located under station 9 sink*

QUIZ!

2. What should you do with recycling and composting?
- a. Throw it in the trash before leaving
 - b. Take it to brown's café
 - c. Take it downstairs
 - d. Leave it outside the door for the janitor to pick up
 - e. Leave it at each sink

QUIZ!

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- a. Throw it in the trash before leaving
 - b. Take it to brown's café**
 - c. Take it downstairs
 - d. Leave it outside the door for the janitor to pick up
 - e. Leave it at each sink

→ *Remember to place in the appropriate bins*

QUIZ!

3. Which of the following is/are NOT available for use?

- a. Electric mixer
- b. Milk in the refrigerator
- c. Large mixing bowls
- d. Dish soap
- e. Dry goods in the pantry

QUIZ!

3. Which of the following is/are NOT available for use?

a. Electric mixer

b. Milk in the refrigerator

c. Large mixing bowls

d. Dish soap

e. Dry goods in the pantry

→ *Remember to bring all of the ingredients you need*

QUIZ!

4. Which of the below is NOT a measure used to avoid cross-contamination?
- a. Staying away from food when sick
 - b. Washing hands before preparing food
 - c. Using the same cutting board for meat and vegetables
 - d. Washing knives after each use
 - e. Cooking food to proper internal temperatures

QUIZ!

4. Which of the below is NOT a measure used to avoid cross-contamination?
- a. Staying away from food when sick
 - b. Washing hands before preparing food
 - c. **Using the same cutting board for meat and vegetables**
 - d. Washing knives after each use
 - e. Cooking food to proper internal temperatures

QUIZ!

5. Which of the below is NOT acceptable dress behavior in the kitchen?

- a. Tied up long hair
- b. Shorts
- c. Flip flops
- d. T-shirt
- e. Tight-fitting sleeves

QUIZ!

5. Which of the below is NOT acceptable dress behavior in the kitchen?

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- b. Shorts
- c. Flip flops**
- d. T-shirt
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→ *Shoes should be close toed, sturdy, and non-slip*

QUIZ!

6. Which of the below is and/are action(s) that should be taken before leaving the kitchen?

- a.Lock the doors and cupboards
- b.Clean, dry, and store all equipment used
- c.Sweep the floors
- d.Clean out sinks and sink drains
- e.All of the above

QUIZ!

6. Which of the below is and/are action(s) that should be taken before leaving the kitchen?

- a. Lock the doors and cupboards
- b. Clean, dry, and store all equipment used
- c. Sweep the floors
- d. Clean out sinks and sink drains
- e. **All of the above**

→ *Please see the checklist for more details*

QUIZ!

7. Who needs to sign the Waiver of Liability form?

- a. Only the person doing the self-guided training
- b. Whoever is in charge
- c. Every person who uses the kitchen
- d. No one, as long as a student is present
- e. No one, as long as a faculty member is present

QUIZ!

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- a. Only the person doing the self-guided training
- b. Whoever is in charge
- c. Every person who uses the kitchen**
- d. No one, as long as a student is present
- e. No one, as long as a faculty member is present

QUIZ!

8. What is the best way to put out a grease fire?

- a. Smother it
- b. Pour it out
- c. Pour water on it
- d. Pour oil on it
- e. Use a fire extinguisher

QUIZ!

8. What is the best way to put out a grease fire?

- a. **Smother it**
- b. Pour it out
- c. Pour water on it
- d. Pour oil on it
- e. Use a fire extinguisher

→ *NEVER pour water on a grease fire!*

QUIZ!

9. Is there a fee to use the kitchen?
(open-ended)

QUIZ!

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(open-ended)

No. However, groups using the kitchen are encouraged to replenish soap, sponges, towels, etc. in lieu of a fee so that everyone can keep using the space!

QUIZ!

10. How do you obtain the key to use the Cal Teaching Kitchen? (open-ended)

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Contact the teaching kitchen coordinator,
calteachingkitchen@berkeley.edu

Be respectful of their hours and connect about picking up the key at least 2 weeks in advance.