



# 4-H SAFETY MANUAL

Prepared by ANR Environmental Health & Safety  
in cooperation with the  
California State 4-H Youth Development Program



## 10. FOOD PREPARATION

A portion of the 4-H YDP encompasses programs, projects, and events that involve food preparation. When a 4-H food preparation activity is planned, volunteers should assess the potential injury or illness risks and hazards that are associated with the activity. Once the risks and hazards have been assessed, the 4-H volunteer should provide suitable safety training and/or controls to reduce or eliminate the potential for injury or illness. Safety training for food preparation activities often encompasses the following types of topics:

- Hand washing and use of hair nets or covers;
- Food allergies;
- Knives and other sharp instrument use;
- Baking and cooking practices, including microwave oven and gas and/or electric oven and range use;
- Refrigeration and freezing practices, including refrigerator and freezer use;
- Using small kitchen appliances, including mixers, food processors, choppers, toasters and toaster ovens, and garbage disposals;
- Food preservation practices, including canning and sterile techniques and dehydrating and smoking foods;
- Establishing and maintaining clean food preparation techniques and surfaces;
- Accurately following recipes;
- Practicing healthy nutrition in food preparation;
- Selecting and using fresh and undamaged food ingredients;
- Preventing and treating minor burns and cuts; and
- Food preparation clean-up and safe dishwasher operations.

The University of California Cooperative Extension brochure entitled “Make It Safe - Keep It Safe, FIGHT BAC! Keep Food Safe From Bacteria” is a resource available at county Cooperative Extension offices that provides information about food preparation and handling safety.

4-H volunteers may provide training by conveying personal safety knowledge and experiences about planned food preparation activities and/or utilizing information provided in the series of Clover Safe notes. These notes address a variety of 4-H member activities, including sports, outdoor adventures, hobbies and crafts, food preparation, tools, equipment, and machinery, and animals and may be obtained from the volunteer’s CE Office or accessed at the 4-H website at:

<http://www.ca4h.org/projresource/curriculum/> or the ANR Environmental Health & Safety website at: <http://safety.ucanr.org/4h/>.