



NATIONAL FIRE SAFETY POSTER CAMPAIGN

LESSON PLAN

(age 12 and under)

Lesson plan for those who are not cooking yet – suggested age under 12

(20 minutes without video and activity)

Topic: Cooking Safety Checklist

Objective: Participants will be able to use the Cooking Safety Checklist to help identify behaviours that reduce the risk of cooking fires in the kitchen.

Required Resources:

<https://www.nfpa.org/-/media/Files/FPW/Educate/2020/FPW20ChecklistFrench.ashx>

<https://www.nfpa.org/-/media/Files/FPW/Educate/2020/FPW20Checklist.ashx>

Optional Resources:

- > AFAC colouring poster
<https://indigenousfiresafety.ca/afac-apac/national-poster-contest/>
- > Art materials to create posters.
- > Kitchen props such as pots, oven gloves, food packaging can increase engagement.
- > AV equipment to show video.

Introduction (3 minutes)

Introduce yourself and thank the audience.

Today we are going to talk about cooking safety.

ASK: “What do you think are some causes of cooking fires?”

Entertain a few responses and then let the group know that you are going to talk about some of the causes, and how to prevent them.

The checklist (15 minutes)

This checklist is a great way to work together in your house to make every answer a YES and help you to serve up fire safety in the kitchen!

Go through the checklist and ask the questions to the group. For each question invite one or two children answer for their situation, then tell the class about why that action is important.

Keep it light and fun.

1. Does a grown up always pay attention to things that are cooking?
 - a. When you are cooking it is important to focus on the food.
2. Does a grown up watch the stovetop when he or she is frying, boiling, grilling or broiling food?
 - a. This type of cooking uses high heat and fires can happen fast.





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3. If a grown-up must leave the kitchen for even a short period of time, do they turn off the burner?
 - a. It is safest to turn off the heat so that there is less risk of a fire.
4. Are things that can burn, such as dish towels, curtains or paper away from the stovetop?
 - a. Keeping things that can burn away from where you are cooking.
5. Are the stovetop, burners and oven clean – no spilled food, grease, paper or bags.
 - a. These things can easily catch fire from the heat from cooking.
6. Are pot handles turned toward the back of the stove when a grown-up is cooking?
 - a. Turning the pot handles away from the edge means it is less likely they will get accidentally spilled.
7. Do children and pets stay out of the kid-free zone when a grown-up is cooking?
 - a. Keeping out of the way means you won't cause the grown up to trip and possibly burn you by accident.
8. Are containers opened slowly when removing them from the microwave?
 - a. Hot steam can easily cause burns.
9. Does your home have working smoke alarms on every level, inside bedrooms and outside sleeping areas?
 - a. Working smoke alarms are the best way to alert everyone if there is a fire.
10. Does your home have a fire escape plan?
 - a. Knowing two ways out will help everyone get out quickly if there is a fire.
11. Do you practice your plan?
 - a. Practicing your fire escape plan helps you remember what do if there is a fire.

Conclusion (2 minutes)

Ask the group to raise a hand and share one of the items on the checklist. Have a few different children respond.

Remind everyone that these simple steps can make a big difference.

Optional Activity

Create artwork for the AFAC Fire Safety Poster Campaign

Optional Video

Competitors in the AFAC National Firefighting Competition created educational videos about cooking safety. Check out some of their messages:

<https://indigenousfiresafety.ca/afac-apac/national-poster-contest/>





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LESSON PLAN

(age 12 and up)

Lesson plan for those who are cooking – suggested age 12 and up

(20 minutes without video and activity)

Topic: Cooking Fires

Objective: Participants will be able to identify behaviours that reduce the risk of cooking fires in the kitchen.

Optional Resources:

- > Kitchen props such as pots, oven gloves, food packaging can increase engagement.
- > AV equipment to show video.
- > Art materials to create posters.

Introduction (3 minutes)

Introduce yourself and thank the audience.

Today we are going to talk about ways to prevent cooking fires in the kitchen.

ASK: “What do you think are some causes of cooking fires?”

Entertain a few responses and then let the group know that you are going to talk about some of the causes, and how to prevent them.

The concepts (15 minutes)

Concept 1 Focus on The Food

One of the main causes of cooking fires is food being left unattended.

It is very important to stay in the kitchen while you are frying, boiling, grilling or broiling food. This type of cooking uses high temperatures and a fire can happen fast.

Just staying in the kitchen is not enough, you also need to pay attention so put your phone down and focus on the food!

If you are cooking slowly like roasting, baking or simmering it is important to keep checking on the food regularly. If you do need to leave the kitchen set a timer to remind you.

Concept 2 Keep it Clean

Make sure that there is nothing that might catch fire within 3 feet of the stovetop

ASK: what are some flammable things that might be near the stovetop?

Some examples might be paper towel, oven gloves, food packaging, cooking oil





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Concept 3 Kids Free Zone

It is great for kids to help out in the kitchen and to learn to cook but to be safe they should stay at least 3 feet away from the stove and areas where hot food or drink is prepared or carried.

When you are cooking make sure that pot handles are turned away from the front of the stovetop so that they don't get hit accidentally.

Concept 4 Dress for Success

When you are cooking wear tight fitting or short sleeves that won't catch on pot handles or brush over the burners and risk catching fire.

ASK: do you know what to do if your clothes do catch fire?

STOP DROP and ROLL. STOP what you are doing, DROP to the ground, ROLL over and over. Doing this smothers the fire by reducing the amount of oxygen that is feeding the flames.

Concept 5 Order in After a Night Out

Don't risk cooking when you are impaired.

Instead make a cold snack like a sandwich, or order in.

Concept 6 Put a Lid on It

Always have the right lid for the pan you are cooking with handy. If a fire does start in the pan, carefully slide the lid over the pan and turn off the burner. If it is an electric burner carefully slide the pan off the heat. Leave the pan covered until it is completely cool.

Never try to move a pan that is on fire.

Never put water on a grease fire.

Conclusion (2 minutes)

Ask the group to raise a hand and share one of the concepts, get different people to participate.

Run through the list of the 6 concept titles.

Remind everyone that these simple steps can make a big difference.

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Optional Video

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