

# Cooking Safety

10-Minute Mini-Lesson



**Topic:** Cooking Fires

**Lesson Objective:** By the end of the mini-lesson participants will be able to identify at least 3 behaviors that will reduce the risk of cooking fires in the kitchen.

## Step 1: Introduction (1–2 Minutes)

- Greet the participants and thank them for allowing me to speak for 10 minutes. Let them know I am happy to be there.
- Introduce myself and share my connection to the community.
- **HOOK:** “Can anyone guess the leading cause of home fires and home injuries?” Entertain a few responses before telling the answer: Cooking Fires
- Explain the purpose of my visit: “I would love to help reduce the number of cooking fires we have in our community. Today I am going to help you identify behaviors that will help you stay safe from fire in your own kitchen.”

## Step 2: Body of the Presentation (7–8 minutes)

Share the following points: (Use props and/or visuals to increase engagement)

- Cooking fires are the number one cause of home fires and home injuries.
- Most cooking fires in the home involve the stovetop.  
**ASK:** What do you think are some causes of stove top fires?
- The most common type of cooking fire is cooking left unattended.
- **STAY IN THE KITCHEN** when cooking. Be especially attentive if cooking with oil or at high temperatures.
- Keep anything that can catch fire such as oven mitts, food packaging, or towels away from your stovetop.  
**ASK:** What are some other hazards to keep away from the stove top? Curtains, paper towels, paper plates, wooden utensils...
- If a pan of food does catch fire, carefully slide a lid over the pan and then turn off the burner. Be sure to let the pan cool before taking off the lid.
- When cooking, wear tight-fitting clothing or short sleeves so your clothes won’t catch on fire. Baggy clothes or dangling sleeves can easily brush over a hot burner and catch fire.  
**ASK:** Can I have a volunteer stand up and show off an outfit that would be safe for cooking?
- If your clothing catches fire, **STOP** what you are doing immediately, **DROP** or lower yourself to the floor, and **ROLL** over and over to put out the flames. Do **NOT** run if your clothes are on fire. Running will make the flames bigger.  
**ASK:** Who knows why Stop, Drop, and Roll works to put out flames? You smother the fire — reduce the oxygen flow.
- If you are burned, use cool water to cool the burn. Get medical help right away.

## Step 3: Conclusion (1 minute)

- Let’s review! Ask participants to raise a hand to share one behavior that will reduce the risk of cooking fires. Solicit a variety of responses.
- Remind participants that simple steps will help increase safety.
- Share my contact information and encourage the congregation to contact me if they have questions or concerns about other fire issues.
- Thank everyone for allowing me to come in.

## Educational Messages to Review:

### 8 Cooking

- 8.1 Stay Alert
- 8.2 Watch What You Heat!
- 8.3 Keeping Things That Can Catch Fire Away from Heat Sources
- 8.4 What to Do If You Have a Cooking Fire

### 7 If You Are on Fire

- 7.1.1 Stop, Drop, and Roll
- 7.1.4 Cool a Burn



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