



## COOKING FIRE SAFETY Presentation Guideline

### Description

This is a short 'demonstration style' presentation about how to stay fire safe while cooking. It can be done using technology (PowerPoint and video) or without. It can be done using actual kitchen facilities or not. The good news is whatever environment you have, with some advanced planning and simple props, you can create a great learning experience and have fun sharing safe cooking practices. A PowerPoint presentation has been included.

### Potential Audiences

This presentation is appropriate for many audiences in your communities including, Elders groups, community groups, parents, teens, teachers, and Band Office staff. It can even be used with your fire fighters at training night!

### Lesson

1. Introduction – Welcome your audience, introduce yourself and tell them what you are going to talk about.
2. Open with a Story – Engage and motivate your audience about the importance of cooking fire safely by sharing a local story about a kitchen fire. Learning from the past can help produce better results in the future.
3. Review Fire Safe Cooking Practices – Use either PowerPoint (if technology is available) or laminated picture cards to guide your presentation. If an actual kitchen is not available, improvise with props.
4. Quiz Time – Test what your audience has learned with a quick 5 question quiz. Ask them to work in pairs and review as a large group.
5. Closing – Revisit the opening story to remind the audience why fire safe cooking is so important. Thank participants for attending, provide *Cooking Fire Safety* and *Burn Awareness* handouts, refreshments, and door prizes!

### Resources

- Portable Kitchen Unit
- Pot, frying pan, lids
- Flammable objects (tea towel, paper towel etc.)
- Cooking timer
- Coffee mug
- Potholders/oven mitts
- Tape measurer to show 3 ft perimeter around stove