

Traditional cooking methods - equipment list and hazard management guide

Equipment and materials	Quantities per class
Experiment: Underground oven	
• Medium potatoes	• 2
• Frying pan with lid ○ minimum 28cm.	• 1
• Sand ○ enough to fill $\frac{3}{4}$ of the frying pan ○ approx 2kg.	• 2kg
• Hot plate or stove	• 1
• Metal tongs	• 1
• Safety glasses	• 1 per person
• Timer	• 1
• Tap water	• 50ml
• Measuring cup	• 1
• Weighing scales	• 1
• Grey lead pencil (students to write answers in planner)	• 1 per person
• Metal tablespoon	• 1
• Aluminium foil	• Two pieces of 60cm x 40cm
• Permanent marker	• 1

Hazard management

Hazards	Control measures
Fire: <ul style="list-style-type: none"> • burns • flammable materials can catch on fire • uncontrolled fire. 	<ul style="list-style-type: none"> • Wear appropriate PPE: safety glasses. • Clear the area. • Have fire bucket, extinguisher and fire blanket ready.
Burns: <ul style="list-style-type: none"> • from frying pan • stove • heated foil, sand, potatoes • steam escaping when opening foil or removing lid. 	<ul style="list-style-type: none"> • Do not touch heated materials • Teacher should only handle hot equipment. • Students should stand at a safe distance away to observe. • Wear appropriate PPE: safety glasses. • Clear the area. • Have fire bucket, extinguisher and fire blanket ready.
Cuts: <ul style="list-style-type: none"> • from cutting potatoes. 	<ul style="list-style-type: none"> • Teacher should cut potatoes or students should be taught how to cut safely and closely supervised.
Slips: <ul style="list-style-type: none"> • sand spilling and cause slips. 	<ul style="list-style-type: none"> • Keep work area tidy and clean up spilled sand immediately.
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •

