

The key to keeping this activity as safe as possible is careful planning and supervision.

Beforehand, make sure you have all the ingredients, enough copies of the recipes, and the utensils needed to prepare and eat the food.

Avoid overcrowding – about 6 Scouts is the maximum at any one time; and ensure sufficient ventilation.

Hazards to look out for: Unhygienic practices (e.g. using towels/tea towels inappropriately); injuries caused by sharp implements, burns, scalds, etc.; setting off the fire alarm; failure to monitor cooking, especially the pots on the hobs.

Anyone present could be harmed.

1. Prepare the kitchen. Clean the worktop and provide clean towels and tea towels.
2. To avoid setting off the fire alarm and prevent unnecessary interruptions, keep the door closed as much as possible.
3. Brief the Scouts – clean hands, clean clothes, clean utensils. Tidiness. Read the recipe right through before starting and weigh and lay out the ingredients.
4. Ensure everyone knows safety procedures, especially not leaving pots unattended while being heated on the hobs, and what to do in the event of emergency, e.g. fire, scalding, wounds, etc.
5. During food preparation an adult leader monitors progress and working methods as appropriate for their age and experience.
6. When the food is ready, serve it up hygienically and enjoy.
7. Clearing up. This is the difficult bit. No-one likes washing up. However, everything must be clean and tidy before leaving, so try to allow plenty of time to complete this process. Some chivvy and careful planning will probably be necessary. Check ovens and hobs are turned off.