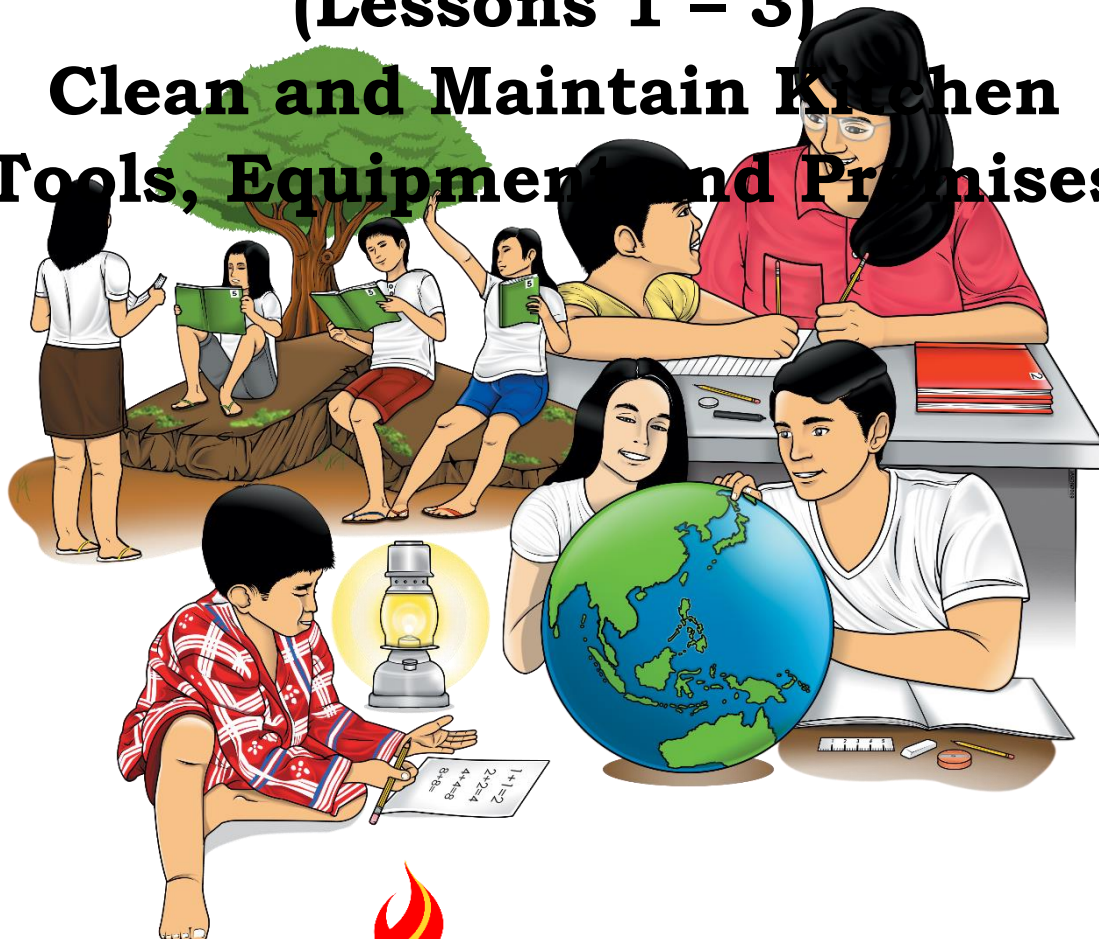


Technology and Livelihood Education Cookery

Quarter 1 – Module 2:

(Lessons 1 – 3)

Clean and Maintain Kitchen
Tools, Equipment and Premises



TLE– Grade 9

Alternative Delivery Mode

Quarter 1 – Module 2: Lessons 1 – 3: Clean and Maintain Kitchen Tools, Equipment and Premises

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Technology and Livelihood Education Cookery

**Quarter 1 – Module 2:
Clean and Maintain Kitchen
Tools, Equipment and Premises**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Note to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master how to recognize kitchen premises to be cleaned and sanitized. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

- Lesson 1 – Recognize Kitchen Premises to be Cleaned and Sanitized

After going through this module, you are expected to:

1. Recognize kitchen premises to be cleaned and sanitized;
2. Give the importance of recognizing kitchen premises to be cleaned and sanitize



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is the bottom surface of a room?
A. wall
B. floor
C. door
D. ceiling
2. Which is a bowl-shaped plumbing fixture used for washing hands, dishwashing and other purposes?
A. sink
B. drain
C. closet
D. garbage bin
3. Where do you place your trash?
A. locker
B. washing area
C. desk
D. garbage area
4. What do you call a box-shaped furniture with doors or drawers for storing miscellaneous items?
A. table
B. cabinet
C. chair
D. divider
5. Why do we need to recognize kitchen premises to be cleaned and sanitized?
A. to prioritize what kitchen premises needs proper attention
B. to lessen the workloads in the kitchen
C. to avoid food contamination
D. to avoid unpleasant odor

Lesson

1

Cookery: Recognizing Kitchen Premises to be Cleaned and Sanitized

Cleanliness is vital in every kitchen where food is prepared, cooked and served. In order to avoid food contamination, kitchen tools, equipment and other utensils used in the preparation of foods as well as its premises should be cleaned, sanitized, and properly stored after each use.



What's In

Activity 1: TRY ME! JUMBLED LETTERS

Write the correct spelling opposite the scrambled letters. Write your answer on separate sheet of paper.

1. AINSZTEI - _____
2. CNKTIEH - _____
3. NGILCAEN - _____
4. EOMROSOTR - _____
5. KISN - _____

Guide Questions:

1. What cleaning process destroys disease-causing organisms?
2. In what part of the house is food prepared and cooked?
3. What word means removing unwanted substances like dirt?
4. What area in the kitchen is use for storing goods or supplies?
5. Where should hand washing and dishwashing take place

Refer your answer to the answer key. Great job! You have mastered the previous lesson. Let's have another activity

Notes to the Teacher

In this module you will facilitate ADM learners to go through a series of learning activities in order to produce the desired learning outcomes. This is a kind of flexible learning which allows the learners to learn by considering their convenience for time and/or location. Hence, learning resource is aligned to the curriculum. It is designed to meet the needs and circumstances of learners.



What's New

Activity 2: Fun Game! Test your brain.

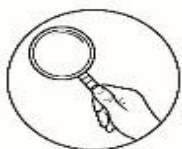
Directions: Use the clues below to find the correct words from the puzzle. Write your answer in your test notebook.

R	E	R	U	N	M	O	L	P	H	C	S	D
S	E	N	H	B	C	X	A	S	D	A	H	O
A	G	F	U	R	N	I	T	E	S	B	A	D
X	A	S	R	E	E	K	T	O	A	I	N	K
C	B	O	O	I	N	O	A	K	E	N	D	O
B	R	U	T	E	G	V	O	N	E	E	L	O
T	A	B	O	N	I	E	C	E	E	L	I	N
J	G	A	U	T	O	N	R	I	V	E	R	P
K	E	T	C	H	U	P	B	A	O	L	O	A
K	S	V	I	C	K	S	O	N	T	E	A	S
N	A	R	V	A	N	A	C	O	S	O	R	T
I	G	E	E	R	A	N	S	A	C	K	R	E
S	T	O	R	E	R	O	O	M	E	D	I	S

Guide Questions:

1. It is a kitchen appliance designed for the purpose of cooking food.
2. It is used for washing dishes.
3. It is an equipment that uses electricity to preserve food at a cold temperature.
4. It is a food waste, discarded or useless material.
5. It is a room where items are stored.

Refer your answers to the answer key. It's a nice try! Let us learn more about the lesson



What is It

Regular cleaning of your kitchen's working premises is important to keep it looking at its best and make it free from germs and bacteria that usually accumulate in the kitchen area during food preparation. Surfaces around the kitchen such as walls, floors, shelves and other surfaces must always be cleaned and sanitized safely using the proper materials to reduce environmental problems.

Although they are not visible threats, the many micro-organisms waiting in your kitchen can infect your cooking, eating and consequently have a negative effect on your health. Food poisoning and diarrhea are just some conditions which might be caused by preparing food in a dirty and germ-infested kitchen. In order to prevent these, you need to make sure that your kitchen is kept clean and safe from bacteria and other germs.

KITCHEN

A kitchen is a room or part of a room in a dwelling or commercial establishment used for cooking and food preparation. Its functions are to store, prepare and cook food.

CLEANING

It is the process of removing unwanted substances, such as dirt, infectious agent and impurities from an object or environment. It is often achieved with detergent, water and agitation with the visible dirt and detergent then rinsed and removed with clean water.

SANITIZING

It is the process of freeing objects from dirt and germs as by cleaning or sterilizing. It destroys disease-causing organism present on equipment or utensils.

Areas in the kitchen that need to be cleaned

1. Floor – is the bottom surface of a room or vehicle. It may be stone, bamboo, wood, vinyl, tile or other materials that can support the expected load.

2. Sink is a bowl-shaped plumbing fixture used for washing hands, dishwashing and other purposes. It also known by other names including sinker, washbowl, hand basin and wash basin.



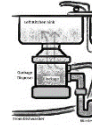
3. Kitchen stove is simply called a stove or a cooker. It is a kitchen appliance designed for cooking food. It relies on the application of direct heat for the cooking process.



4. Refrigerator is a kitchen equipment that uses electricity to preserve food and drinks at a cold temperature which is normally at 4-5 degree Celsius. It is sometimes called a fridge or an ice box.



5. Drain includes a trap that fills with water to prevent sewer gasses from rising into the house. It causes the water or other liquid to run out.



6. Kitchen cabinet is a box-shaped furniture with doors or drawers for storing miscellaneous items such as foods, cooking equipment, silver wares and dishes for table service. Appliances such as refrigerators, dishwashers, and ovens are often integrated into kitchen cabinetry.



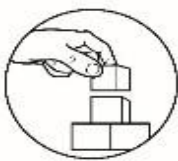
7. Garbage area is an area where you dispose of your garbage bin or trash. It can be placed outside your kitchen, or it can also be built-in garbage.



8. Storeroom is a room or space for storing goods or supplies or where odds and ends can be stored.



9. Wall – is a structure that defines an area, carries a load; provides security, shelter, or soundproofing. It can be a brick wall, stone wall, wood wall or bamboo.



What's More

Activity 3: Mark ☒ if the statement is correct and X if it is wrong. Write your answer on your test notebook.

1. Sink is where the water runs out.
2. Cleaning is the process of removing unwanted dirt, infectious agent and impurities from an object or environment.
3. Kitchen is a room or part of a room in a dwelling or commercial establishment used for cooking and food preparation.
4. Refrigerator is a machine for keeping things cold.

Wow! You are doing great! Let's have another activity



What I Have Learned

Activity 4: Fill in the blanks with the correct answer.

1. _____ is a box-shaped furniture with doors or drawers for storing miscellaneous items.
2. To sanitize is to free objects from dirt, _____ as by cleaning or sterilizing.
3. Storeroom is a room or space for the storing of goods or _____.
4. _____ causes the water or other liquid to run out.
5. Cleaning is the process of removing _____ substances, such as dirt, infectious agent and impurities from an object or environment.

It seems that you have learned a lot from the previous activities. So, let's have another activity.



What I Can Do

Activity 5: Fill Me In

You are tasked to identify at least 5 kitchen areas that need to be cleaned and sanitized. Write your answers on the table below.

Kitchen areas that need to be cleaned and sanitized
1.
2.
3.
4.
5.

Refer this activity to your teacher for checking the output. Congratulations!



Assessment

Post test

1. What do you call a box-shaped furniture with doors or drawers for storing miscellaneous items?
 - a. table
 - b. cabinet
 - c. chair
 - d. divider
2. What is the bottom surface of a room?
 - a. wall
 - b. floor
 - c. door
 - d. ceiling
3. Which is a bowl-shaped plumbing fixture used for washing hands, dishwashing and other purposes?
 - a. sink
 - b. drain
 - c. closet
 - d. garbage bin
4. Where do you place your trash?
 - a. locker
 - b. washing area
 - c. desk
 - d. garbage area
5. Why do we need to recognized kitchen premises to be cleaned and sanitized?
 - a. to prioritize what kitchen premises needs proper attention
 - b. to lessen the workloads in the kitchen
 - c. to avoid food contamination
 - d. to avoid unpleasant odor

Refer your answers to the answer key. What is your score? It seems that you really mastered the lesson.



Additional Activities

Activity 6: Answer Me

1. Have you experienced cleaning your kitchen sink? Explain how you do it.
2. In your opinion which kitchen area is easy to clean? Why?
3. If you are to choose a kitchen area to clean, which would you prefer? Sink, floor, ceiling, wall. Why?

Refer your activity to your teacher for checking you output



What I Need to Know

This module was designed and written with you in mind. It is here to help you master how to clean the kitchen area hygienically. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

➤ Lesson 2 – Cleaning the Kitchen Area Hygienically

After going through this module, you are expected to:

1. Identify the steps in cleaning the kitchen area hygienically;
2. Clean the kitchen area hygienically;
3. Value the importance of hygienic cleaning of the kitchen area



What I Know

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which of the following is a good tip in cleaning the kitchen sink?
 - a. Keep appliances clean.
 - b. Clean refrigerated foods once a week.
 - c. Wipe down the faucets with wet and dirty cloths.
 - d. Start by coating the wet sink with baking soda and adding a little dish soap and hot water to your sponge.
2. What is the proper way in washing hands?
 - a. Wash hands with water.
 - b. Wash hand with boiling water.
 - c. Dry hands with clean cloth/towel.
 - d. Wash hands with soap and water within 20 seconds.
3. What does kitchen hygiene mean?
 - a. It is removing something unwanted.
 - b. It makes less offensive by eliminating anything unwholesome.
 - c. It is the maintenance of high standards of cleanliness and sanitation in the kitchen to prevent food contamination.
 - d. It is a high standard of cleanliness in the kitchen to prevent food contamination

4. How do you keep a kitchen clean and hygienic?
 - a. Wash your hands.
 - b. Cook food thoroughly.
 - c. Clean the kitchen sink and ovens.
 - d. All of the above
5. Why is it important to be safe and hygienic in the kitchen?
 - a. to observe proper conduct
 - b. to make kitchen interesting and alive
 - c. to keep the bacteria safe
 - d. to keep the food safe and healthy

Lesson

2

Cookery: Cleaning the Kitchen Area Hygienically

Maintaining a clean work environment is critical in preventing foodborne illness. Bacteria can grow on unsanitary surfaces and then contaminate food. Just because a work surface looks clean does not mean that it is sanitary. Always ensure that you clean and sanitize a work area before starting to prepare food.



What's In

Activity 1

Directions: Supply the missing word in each item. Choose the letter of the correct answer from the box. Write your answer in your notebook.

Liza and Michael wash their hands and _____ it vigorously for at least 20 seconds. Before they prepare their foods Liza wipes off the _____ and table. Michael sets the food on the proper _____. After meal, they found out that the dishes and the sink have stains. So, Michael cut a lemon in half and _____ the salt directly onto the stain. Then he wiped down the _____ and dry with a towel.

a. countertops

b. rub

c. sprinkle

d. place

e. faucets

Refer your answers to the answer key. Nice try! Let us learn more about the lesson



What's New

Activity 2

Directions: On cleaning the kitchen, write **T** if the statement tells about what should be done; **F** if the statement tells about what should not be done. Write your answer on a separate sheet of paper.

- ____ 1. Put all the dirty dishes in the dishwasher.
- ____ 2. Thaw the meat outside the kitchen.
- ____ 3. Wash your hand with boiling water.
- ____ 4. Clean the kitchen surface using baking soda.
- ____ 5. Wash the dishes after use.

Refer your answers to the answer key. It's a nice try! Let us learn more about the lesson.



What is It

The kitchen is one of the most popular rooms in a house, so it's important to keep this room clean and safe for friends and family. The best way to keep your kitchen clean is to make a habit of cleaning up as you work, and taking care of a few chores each day so that messes don't pile up. Keeping your kitchen safe involves many different things, including practicing good hygiene, proper food handling practices, and being safe while cooking and using kitchen tools.

Hygiene - Hygiene in the kitchen includes washing vegetables and fruits to remove harmful bacteria and germs from the surface of the foods. If you usually obtain bargain food from the “a truck back” or regularly eat at establishments that are not licensed, you could be courting trouble.

Kitchen hygiene - is the maintenance of high standards of cleanliness and sanitation in the kitchen to prevent food contamination. It is important to have hygiene in the kitchen so that it will prevent illnesses and food poisoning due to food contamination. Good personal hygiene must be observed at all times. Apart from that, having good kitchen hygiene can greatly minimize the possibility of pest infestations brought about by moisture and food particles.

STEPS IN CLEANING THE KITCHEN

1. Put all of the dirty dishes in the dishwasher. Fill the sink with hot soapy water and put the dishes that must be washed by hand.
2. Wipe off countertops and tables with hot soapy water.
3. Sweep the floor and shake throw rugs if needed.
4. Wash the dishes that have been soaked.
5. Wipe down the faucets and dry with a towel.
6. Put out a clean dishcloth and towel.
7. Take out the trash.

TIPS FOR GOOD KITCHEN HYGIENE

1. Wash your hands
 - ✓ Wet your hands with clean, running water either warm or cold.
 - ✓ Apply soap and lather well.
 - ✓ Rub your hands vigorously for at least 20 seconds.
 - ✓ Rinse well and dry your hands with a clean towel or air-dry them.



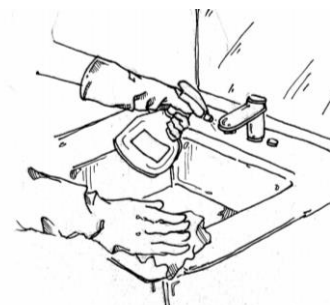
2. Proper food storage
 - ✓ Never leave food out for more than two hours.
 - ✓ Always use airtight containers.
 - ✓ Place foods on the proper shelf.
 - ✓ Keep the goods dry.



3. Clean up and down
 - ✓ Clear the table/desks.
 - ✓ Start at the sink.
 - ✓ Sweep the floor.

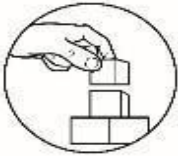
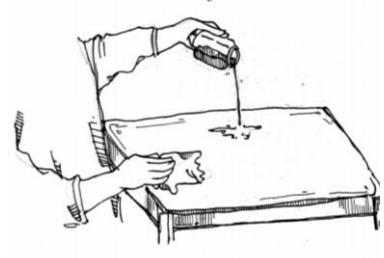


4. Clean the kitchen sink
 - ✓ Start by coating the wet sink in baking soda and adding a little dish soap and hot water to your sponge.
 - ✓ When scrubbing any sink, always start with the sides of the basin and work your way down, pushing any grime directly into the drain.
 - ✓ Keep adding soap and water as needed, or until the surface is scum-free.



5. Clear off countertops

- ✓ Clean daily with a nonabrasive cleaner or a homemade mix of warm water with a splash of distilled white vinegar.
- ✓ To remove stains, cut a lemon in half and sprinkle salt directly onto the stain.
- ✓ Clean off the salt and lemon juice with water and vinegar.



What's More

Activity 3

Directions: Inside the box are the different steps and tips for good kitchen hygiene. Write them in the table below.

Sweep the floor. Clean the kitchen sink. Take out the trash. Wash your hands. Wipe off countertops. Properly store the food. Clean up and down. Wash the dishes.

Steps	Tips
1.	1.
2.	2.
3.	3.
4.	4.

Wow! You are doing great! Let's have another activity.

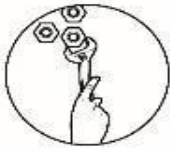


What I Have Learned

Activity 4: Supply the appropriate word to complete the good tips in kitchen hygiene. Write your answer in your notebook.

1. Never leave _____ out for more than two hours.
2. Use the proper procedures to thaw meat _____.
3. Sweep the floor and shake _____ rugs if needed.
4. Rub your hands vigorously for at least _____.
5. _____ hands with clean running water and apply soap.

It seems that you learned a lot from the previous activities. So, let's have another one activity.



What I Can Do

Activity 5:

You are tasked to clean the sink. List the things you need to do. Submit the list to the teachers through messenger or text. If a signal is not available, request a barangay official or PTA official to bring it to the teacher.



Assessment

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is the proper way in washing hands?
 - a. Wash hands with water.
 - b. Wash hands with boiling water.
 - c. Dry hands with clean cloth/towel.
 - d. Wash hands with soap and water within 20 seconds.
2. What does kitchen hygiene mean?
 - a. It refers to removing something unwanted.
 - b. It makes it less offensive by eliminating anything unwholesome.
 - c. It is the maintenance of high standards of cleanliness and sanitation in the kitchen to prevent food contamination.
 - d. It is a high standard of cleanliness in the kitchen to prevent food contamination.
3. All of these are tips/steps on proper food storage **EXCEPT**:
 - a. Place food on the proper shelf.
 - b. Always use cellophane to keep the food.
 - c. Always use airtight containers.
 - d. Never leave food out for more than two hours.
4. Why is it important to be safe and hygienic in the kitchen?
 - a. to observe proper conduct
 - b. to make kitchen interesting and alive
 - c. to keep the bacteria safe
 - d. to keep the food safe and healthy

5. How do you keep a kitchen clean and hygienic?

- a. Wash your hands
- b. Cook food thoroughly
- c. Clean the kitchen sink and ovens
- d. All of the above

Refer your answers to the answer key. What is your score? It seems that you really mastered the lesson.



Additional Activities

Activity 6:

You are given three minutes to apply the Rules, Tips and Steps in cleaning the kitchen safely and hygienically.

This should be attested or validated by a parent/guardian and reported to the teacher. Validation can be in a narrative form.



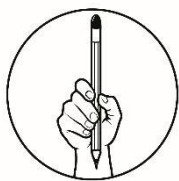
What I Need to Know

This module was designed and written with you in mind. It is here to help you master how to clean kitchen surfaces. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

- Lesson 3 – Cleaning Kitchen Surfaces

After going through this module, you are expected to:

1. Identify kitchen surfaces that need to be cleaned and sanitized;
2. Clean surfaces without damaging property and adversely affecting health; and
3. Value the importance of cleaning kitchen surfaces.



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What type of countertop is heat resistant which means you can put hot pots and pans on it without worrying it will get damaged?
A. tile B. wood C. glass D. granite
2. Which one needs regular sweeping and weekly dry-mopping?
A. floor tile B. wood floor C. bamboo floor D. floor linoleum
3. How will you remove rust marks in a stainless steel countertop?
A. Seal unglazed tile and grout.
B. Rub the lemon juice, baking soda paste on the surface, rinse and wipe.
C. Scrub stuck-on grime with dishwashing detergent and hot water.
D. Apply a baking soda paste, cover it with plastic wrap, let it sit overnight and wipe with warm water and soft cloth.
4. How can you ensure safety in dealing with strong chemical cleaners?
A. Add more water to the solution.
B. Transfer it in another container.
C. Always read and follow instructions.
D. Use only drops of it to avoid untoward incidents.
5. Why do we need to keep kitchen surfaces clean?
A. to avoid the spread of bacteria and germs which can cause illness
B. to make comfortable to stay and eat
C. to avoid accident
D. all of the above

Lesson

3

Cookery: Cleaning Kitchen Surfaces

Cleaning your kitchen's working premises regularly is important to keep it look at its best and make it free from germs and bacteria that usually accumulate in the kitchen area during food preparation. Surfaces around the kitchen such as walls, floors, shelves and other surfaces must always be cleaned and sanitized using the proper materials to reduce environmental problems.



What's In

Activity1. Fill Me In

Below are some of the kitchen areas that need to be cleaned and sanitized. Copy the activity in your notebook then put a ✓ if you know how to clean it and X if you don't.

KITCHEN SURFACE	REMARKS
1. Walls	
2. Sinks	
3. Cabinets	
4. Floors	
5. Worktops	

Guide Questions:

1. How do you clean your kitchen sink?
2. How often do you need to clean kitchen floors?
3. Which of the kitchen premises do you find most difficult to clean? Why?

Refer this activity to your teacher for checking your output.
Amazing!!! Congratulations!



What's New

Activity 2: Am I Correct?

Directions: Mark ✓ if the statement suggests safe cleaning of kitchen premises and X if it does not. Write your answers in your notebook.

- ____ 1. Cleaning liquid spills from the floor is important for safety because a wet floor is a slipping hazard.
- ____ 2. It's important to disinfect the garbage can everyday by using abrasive cleaners.
- ____ 3. After preparing a meal, clean the counters, sinks, and other surfaces with a disinfecting kitchen spray and wipe the areas with a clean cloth.
- ____ 4. In cleaning the kitchen, make sure to close the doors and windows so as not to spread bad odor and dust to other parts of the house.
- ____ 5. Always read and follow the instruction on any chemical cleaning product.

Refer your answers to the answer key. It's a nice try! Let us learn more about the lesson.



What is It

Work surface is a flat surface usually in the kitchen. It should be easy to clean or disinfect. The surface should be smooth, washable and made of non-toxic materials. Kitchen surfaces provide an area to prepare food, keep essentials close to hand and can also be used to create a bespoke design feature in a space.

Hygiene is particularly important in the kitchen. Surface materials should prevent bacteria and mold growth.

Types of kitchen surfaces that need to be cleaned and sanitized

1. Countertops/Worktops
2. Floors
3. Walls and ceiling
4. Stovetops
5. Sink

Cleaning kitchen surfaces

1. Countertops/Worktops - is a horizontal work surface in kitchens or other food preparation areas.

Cleaning methods for kitchen counters vary almost as much as the materials themselves, whether wood, glass or granite countertops.

Different types of counter tops

- a. **Granite** – a highly popular stone. It offers natural protection against mold and mildew. It is also easy to clean up because this rock will not absorb or risk being distorted in anyway by chemicals used to clean its surface.



How to clean granite:

1. Wipe and rinse with warm soapy water.
2. Avoid abrasive cleansers that may cause scratches.
3. To remove stains, apply a baking soda paste, cover it with plastic wrap, then let it sit overnight. Wipe with warm water and a soft cloth.

- b. **Tile** - is heat-resistant and this means you can put hot pots and pans on it without worrying that it will get damaged.



How to clean tiles:

1. Use a non-abrasive multi-purpose cleaner, as soap may leave behind a film. Adding white vinegar to water may help reduce this residue.
 2. To remove stains, seal unglazed tiles and grout.
- c. **Glass** – is great but easily broken. These are heat and stain resistant as a result of their non-porous surface.



How to clean glass:

1. Spray glass or multi-purpose cleaners onto a soft cloth or sponge rather than applying directly onto the surface to reduce dirt and grime buildup.
 2. Avoid using abrasive cleaners and scratchy cleaning tools.
 3. To remove stains, scrub stuck-on grime with dishwashing detergent and hot water.
- d. **Stainless steel** - has a non-porous surface, which means that no type of liquid or substances can penetrate into the material at all.



How to clean stainless steel:

1. Remove smudges with stainless steel cleaners. Soap and water also works, but spots may appear if you let the water sit for too long.
 2. To remove stains/rust mark, use a mild abrasive cleanser or a homemade lemon juice and baking soda paste. Rub it on the surface. Rinse and wipe the spot with wet paper towel.
- e. **Wood** - has a timeless and welcoming natural rustic beauty that other materials lack, which makes it an ideal choice for both traditional and contemporary kitchen designs.



How to clean wood:

1. First dry clean.
2. Gently scrape any food debris or grime off using the utensil of your choice.
3. Wipe down using a cloth or sponge that has been saturated in warm soapy water.

2. Floors - can be hardwood, tile, and linoleum.

How to clean floor tiles:

1. Clean tile with a mixture of warm water and mild detergent or liquid dish soap.
2. Use a rag or chamois-type mop rather than a sponge mop, which tend to push dirty water into the grout lines making them harder to clean.
3. Dry the floor with a clean, lint-free cloth immediately after washing.



How to clean floor linoleum:

1. Quick wipe with a damp mop works well for weekly cleanings.
2. For a deeper seasonal clean, choose a non-abrasive all-purpose cleaning product. You can also use a mild vinegar and water solution.



How to clean wood kitchen floors:

1. Regular sweeping and weekly dry mopping.
2. Dust the floor with a mop that has been treated with a dusting agent to pick up dust and dirt.



3. Walls and ceilings

How to clean walls and ceilings:

1. Mix $\frac{1}{2}$ cup vinegar, 1 cup clear ammonia, $\frac{1}{4}$ cup baking soda, and 1 gallon warm water. **Caution:** Wear rubber gloves, and work in a ventilated area when using this powerful solution.
2. Apply to the wall with a sponge, and rinse with clear water. If your walls have a rough texture, use old nylon stockings or socks rather than a sponge because they won't tear and leave difficult-to-remove bits on the surface

4. Stove tops/Cooktop

How to clean stove tops/cooktops:

1. Squirt some dawn dish soap all over the cook top.
2. Sprinkle baking soda over the dawn dish soap.
3. Add a tablespoon or two of hydrogen peroxide.
4. Start scrubbing with a dish scrubber.
5. Let the solution sit for about three minutes, then wipe clean.



5. Sink

Steps on how to clean sink:

1. Remove and clean dirty dishes and leftover food from your sink.
2. Wash down the entire surface area of your sink. Use a gentle soap, soft cloth and warm water to clean the faucets, drain, and outer rim.
3. Run hot tap water into the drain to eliminate bad odor and soften any sticky materials that may threaten to clog the drain.
4. Create a blend of baking soda and lemon juice for the surface. Let this mixture stand for approximately 10 minutes before rinsing it away with hot water.
5. Create larger blend of baking soda and lemon juice for the drain. Pour this directly into the drain, and follow it with $\frac{1}{2}$ cup white vinegar. Cover it and wait 5 to 10 minutes. Meanwhile, boil some hot water and pour it in.

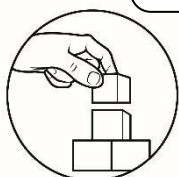


General kitchen cleaning tips

1. Make sure to wear protective clothing when cleaning particularly if you're using chemical products.

2. Always read and follow the instructions on any chemical cleaning products you buy.
3. Keep the area you are cleaning well-ventilated by turning on the extractor fan or opening window.
4. If you're using cleaning products for the first time, test it on a small, inconspicuous area first to make sure it won't cost discoloration or damage.

Did you learn something? Very good! Now, let's have more activities to master the lesson.



What's More

Activity 3: Tell Me

Directions: Write ways in cleaning kitchen surfaces. Write your answers in your notebook.

Kitchen Surface	Ways of Cleaning
Countertops/Worktop	
Floors	
Walls and Ceilings	
Stovetops	
Sink	

Refer this activity to your teacher for checking your output.
Amazing!!! It's properly done. Congratulations!



What I Have Learned

Activity 4: Fill Me In

Directions: Read and understand each statement carefully. Fill in the blank with correct answer. Write your answers in your notebook.

1. _____ is heat-resistant which means you can put hot pots and pans on it without worrying it will get damaged.

2. Make sure to wear _____ when cleaning particularly if you're using chemical products.
3. Dust the _____ with a mop that has been treated with a dusting agent to pick up dust and dirt.
4. Avoid _____ cleansers that may cause scratches.
5. To remove stains, apply a _____ paste, cover it with plastic wrap, then let it sit overnight. Wipe with warm water and a soft cloth.

It seems that you learned a lot from the previous activities. So, let's have another activity.



What I Can Do

Activity 5:

Directions: Arrange the given steps in cleaning the sink by numbering them from 1 to 5. Copy the activity in your notebook and write your answers inside the box.

☐

Run hot tap water into the drain to eliminate bad odor and soften any sticky material that may threaten to clog the drain.

☐

Remove and clean dirty dishes and leftover food from your sink.

☐

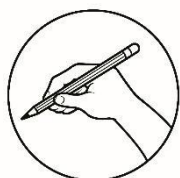
Create larger blend of baking soda and lemon juice for the drain. Pour this directly into the drain and follow it with $\frac{1}{2}$ cup white vinegar. Cover it and wait 5 to 10 minutes. Meanwhile, boil some hot water and pour it in.

☐

Wash down the entire surface area of your sink. Use a gentle soap, soft cloth and warm water to clean the faucets, drain, and outer rim.

☐

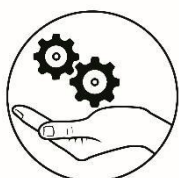
Create a blend of baking soda and lemon juice for the surface. Let this mixture stand for approximately 10 minutes before rinsing it away with hot water.



Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which one needs to be dry-cleaned first before scraping food debris or grime?
 - a. tile countertop
 - b. glass countertop
 - c. wood countertop
 - d. stainless steel countertop
2. What should be done when dealing with strong chemical cleaner?
 - a. Wear apron.
 - b. Wear loose dress.
 - c. Wear rubber gloves.
 - d. Wear rubber shoes.
3. How will you remove rust marks in a stainless steel countertop?
 - a. Seal unglazed tile and grout.
 - b. Rub the lemon juice, baking soda paste on the surface, rinse and wipe.
 - c. Scrub stuck-on grime with dishwashing detergent and hot water.
 - d. Apply a baking soda paste, cover it with plastic wrap, let it sit overnight and then wipe with warm water and soft cloth.
4. Why do we need to keep kitchen surfaces clean?
 - a. to avoid the spread of bacteria and germs which can cause illness
 - b. to make the kitchen comfortable to stay
 - c. to avoid accident
 - d. all of the above
5. How can you ensure safety in dealing with strong chemical cleaners?
 - a. Add more water to the solution.
 - b. Transfer it in another container.
 - c. Always read and follow instructions.
 - d. Use only drops of it to avoid untoward incidents.



Additional Activities

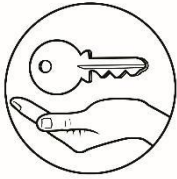
Activity 6:

Directions: Choose 5 essential tools needed in cleaning and sanitizing kitchen surfaces and explain the uses of each tool. Write your answers in your notebook.

- | | |
|----------|------------------|
| ● Mop | ● Bucket |
| ● Brooms | ● Spray |
| ● Brush | ● Dish towel |
| ● Sponge | ● Vacuum Cleaner |
| ● Pail | ● Dustpan |

Refer this activity to your teacher for checking.

Amazing!!! It's properly done. Congratulations!



Answer Key

LESSON 1

What's New Stove Sink Refrigerator Garbage Storeroom	What's In Sanitize Kitchen Cleaning Storeroom Sink	What I Know B A D B A
Assessment B A D B A	What I have learned Cabinet Germ Supplies Causes Unwanted	What's More X / X / X

LESSON 2

What's New 1. T 2. F 3. F 4. T 5. T	What's In Rub Countertop Place Sprinkle Faucets	What I Know D D C D D
Assessment C C B D C	What I have learned Food Safety Throw 20 seconds wet	What's More STEPS 1. Sweep the floor 2. Wipe off the countertops 3. Wash the dishes 4. Take out the trash TIPS 1. Wash your hands 2. Clean up and down 3. Clean the kitchen sink 4. Properly store the foods

LESSON 3

<div>What I Know</div> <div>A B B C D</div>	<div>What's In</div>	<div>What's New</div> <div>/ X / X /</div>
<div>What I can do</div> <div>3 1 5 2 4</div>	<div>What I have learned</div> <div>Tile Protective clothing Floor Abrasive Baking soda</div>	<div>Assessment</div> <div>C C B D C</div>

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