

HOME FIRE SAFETY

Teens who are preparing food for themselves and others in the home

Audience: Early adolescents

Lesson Objective: By the end of the lesson, the attendee will be able to:

- Recognize that cooking is the number one cause for residential home fires.
- Identify fire safety risks in the kitchen around food preparation.
- Determine which foods and snacks are less risky to prepare.

Step 1: Introduction (5 minutes)

- Introduce yourself, explain your connection to the community and your role with the fire department or agency.
- Establish the rules early to help connect with the young audience and manage the conversation.
- Let students know they should pay attention to the speaker at all times and be respectful during the lesson.
- Inform students that they can ask questions but they need to signal and be called on first.
- Let the classroom teacher know that you will need them to be present and assist as needed.

HOOK: Ask “How many of you are hungry when you get out of school at the end of the day?” Follow up with “Show me on your fingers on a scale of 1–10, with 10 being extremely hungry, how hungry you feel after school.”

Respond to the numbers you see and talk about the reasons adolescents feel so hungry after school (i.e., timeframe from lunch, busy schedules, growing bodies, etc.)

Step 2: Body (20 minutes)

Ask students if they happen to know what the leading cause for residential home fires is. Share a few statistics and explain that many fires are caused from unattended cooking and poor judgement. (Review EMAC Chapter on Cooking.)

- Fire departments responded to an average of 466 home cooking fires per day.
- Unattended cooking was by far the leading contributing factor in these fires and in fire casualties.
- Ranges or cooktops accounted for the majority (62%) of home cooking fire incidents and an even larger share of deaths (87%) and injuries (80%).

Ask students if they can identify likely places in the kitchen where a fire may occur. List them on the board or flip paper. Explain that these fires can only be eliminated by eliminating the heat source.

Brainstorm safe snacks that could be prepared without using a heat source. List them on the board or flip chart. Share or exchange recipes or preparation of snacks that do not require using a heat source. Make suggestions on foods that will satisfy their hunger and taste good too.

Visit these websites for some suggestions:

<https://www.superhealthykids.com/recipe-category/no-cook>

<https://www.theorganicprepper.com/99-healthy-meals-and-snacks-for-people-who-cant-cook>

Be prepared to answer questions related to fires that may start with microwaves and other appliances. Consider addressing adolescents who have received safety training from a parent or babysitting certification.

Step 3: Conclusion (3–5 minutes)

- Review: Ask students to recall why the leading cause of home fires is cooking.
- Remind students that the only way to eliminate the chance of a cooking fire in the home, while they are home alone or in charge of other children, is to eliminate the heat source.
- Encourage students to practice and model safe behaviors for themselves and younger children.
- Thank students and teacher(s) for the time to come in and address this topic.



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