## Mastering the 10-Minute Mini-Lesson



**Topic:** Cooking Fires

Audience: Congregation during Church Service

Lesson Objective: By the end of the minilesson, members of the congregation will be able to identify at least 3 behaviors that will reduce the risk of cooking fires in the kitchen.

# **Educational Messages** to Review:

- 7 Cooking
- 7.1 Stay Alert
- 7.2 Watch What You Heat!
- 7.3 Keeping Things That Can Catch Fire Away from Heat Sources
- 7.4 What to Do If You Have a Cooking Fire
  - 6 If You Are on Fire
- 6.1.1 Stop, Drop, and Roll
- 6.1.4 Cool a Burn

#### **Step 1: Introduction** (1–2 Minutes)

- Greet the participants and thank them for allowing me to speak for 10 minutes. Let them know I am happy to be there.
- Introduce myself and share my connection to the community.
- HOOK: "Can anyone guess the leading cause of home fires and home injuries?" Entertain a few responses before telling the answer: Cooking Fires
- Explain the purpose of my visit: "I would love to help reduce the number of cooking fires we have in our community. Today I am going to help you identify behaviors that will help you stay safe from fire in your own kitchen."

### Step 2: Body of the Presentation (7–8 minutes)

Share the following points with the congregation: (Use props and/or visuals to increase engagement)

- Cooking fires are the number one cause of home fires and home injuries.
- Most cooking fires in the home involve the stovetop.
  - ASK: What do you think are some causes of stove top fires?
- The most common type of cooking fire is cooking left unattended.
- STAY IN THE KITCHEN when cooking. Be especially attentive if cooking with oil or at high temperatures.
- Keep anything that can catch fire such as oven mitts, food packaging, or towels away from your stovetop. **ASK:** What are some other hazards to keep away from the stove top? Curtains, paper towels, paper plates, wooden utensils...
- If a pan of food does catch fire, carefully slide a lid over the pan and then turn off the burner. Be sure to let the pan cool before taking off the lid.
- When cooking, wear tight-fitting clothing or short sleeves so your clothes won't catch on fire. Baggy clothes or dangling sleeves can easily brush over a hot burner and catch fire.
  - ASK: Can I have a volunteer stand up and show off an outfit that would be safe for cooking?
- If your clothing catches fire, STOP what you are doing immediately, DROP or lower yourself to the floor, and ROLL over and over to put out the flames. Do NOT run if your clothes are on fire.

  Running will make the flames bigger.
  - **ASK:** Who knows why Stop, Drop, and Roll works to put out flames? You smother the fire reduce the oxygen flow.
- If you are burned, use cool water to cool the burn. Get medical help right away.

#### Step 3: Conclusion (1 minute)

- Let's review! Ask congregation members to raise a hand to share one behavior that will reduce the risk of cooking fires. Solicit a variety of responses.
- Remind participants that simple steps will help increase safety.
- Share my contact information and encourage the congregation to contact me if they have questions or concerns about other fire issues.
- Thank everyone for allowing me to come in.



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