

Beavers Cook Activity Badge



Activity: Learn to Wash Up!

You will need

Washing up bowl
Washing up liquid
Clean dishcloth
Water

Instructions

Keeping the kitchen clean is important to prevent germs spreading. Learning to wash up properly is a good skill to learn to help keep a kitchen clean.

1. Scrape food from the plates and dishes into a food waste bin
2. Run hot water into a washing up bowl & add a squirt of washing up liquid (adult to check water temperature is suitable)
3. Wash the cleanest items first, typically glasses, cups and mugs. Take care when holding them. Use the dishcloth to make sure they are properly clean. Rinse under cold water to remove any soap suds. Next tackle the cleanest plates & cutlery, working through to the dirtiest, so the water stays clean for as long as possible, finally wash cooking pots and pans. Change the water if it becomes dirty.
4. When you have finished washing up rinse the dishcloth, squeeze it out and clean the kitchen work tops using an antibacterial spray.
5. Give the dishcloth a final rinse & hang it up to dry.

Note for adults – please do not give Beavers sharp knives to wash up.

Keep practicing washing up – practice makes perfect!

Risk Assessment

Who is at risk?	Beavers
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What are the risks?	Scalds from hot water Cuts from sharp knives Cuts from broken glass / crockery
How can the risks be minimized?	Adequate adult supervision