

1. Activity details

Activity / dish name

Butter Chicken

Year level

Year 7

Class / group

Y 7b

Teacher / assessor

Ian Miller

Date

22/09/2026



2. Quick presets (optional)

Ticks the common hazards for that type of lesson. You can still add or remove anything below.

No-cook / prep only

Stovetop cooking

Oven baking

Frying

Knife-heavy prep

Clear all

3. Hazards for this activity

Sharp tools and cutting

- | | |
|---|--|
| ☒ Kitchen knives | ☒ Vegetable peelers |
| ☒ Mandoline or box grater | ☒ Glass or crockery breakage |
| ☐ Can openers | |

Heat and cooking

- | | |
|--|---|
| ☒ Stovetop or hotplate | ☐ Gas stovetop: leak or flare-up |
| ☐ Oven use | ☐ Shallow or deep frying in hot oil |
| ☐ Grill / griddle / BBQ | ☐ Kettle or urn |
| ☐ Microwave use | ☒ Steam from pots, pans or the oven |
| ☐ Kitchen fire (unattended cooking, tea towels or paper near flame) | |

Electrical appliances

- | | |
|--|---|
| ☐ Food processor or blender | ☐ Stand mixer or hand-held mixer |
| ☐ Toaster or sandwich press | ☐ Frayed cords, faulty appliances or overloaded power boards |
| ☐ Electrical appliances near sinks or water | |

Manual handling and movement

- ☒ Carrying hot pots, pans and trays
- ☒ Wet or greasy floors
- ☒ Horseplay or running in the kitchen space
- ☐ Lifting or moving heavy equipment and bulk ingredients
- ☐ Trailing cords or bags creating a trip hazard

Food safety and hygiene

- ☒ Raw meat, poultry, seafood or egg handling
- ☒ Shared tasting spoons or communal serving hygiene
- ☒ Cleaning chemicals and detergents
- ☒ Food temperature control and storage
- ☒ Personal hygiene and illness
- ☒ Waste and bin disposal

Personal safety

- ☒ Long hair, loose clothing or jewellery near heat and equipment
- ☒ Distraction from phone use or photography near heat or sharp tools
- ☐ Incorrect or open footwear

4. Allergen check

Tick any allergens present in the ingredients or brought from home. Always cross-check the class allergy register regardless.

- ☐ Nuts
- ☐ Egg
- ☒ Dairy
- ☒ Gluten
- ☐ Shellfish
- ☐ Sesame
- ☐ Soy

5. Anything else specific to this lesson?

Extra hazard / control notes (optional)

Practical assessment in cooking room.

Activity: Butter Chicken

Class / group: Y 7b

Date: 2026-09-22

Year level: Year 7

Teacher / assessor: Ian Miller

Risk key: Low Medium High Extreme

Risk matrix used

Risk rating = likelihood x consequence, read from the matrix below. Definitions: Likelihood - Rare (isolated incidents), Unlikely (could happen but not expected), Possible (could happen at some point), Likely (will probably happen), Almost certain (expected in most lessons). Consequence - Negligible (no injury/first aid not needed), Minor (first aid

treatment), Moderate (medical treatment/lost time), Major (serious injury, hospitalisation), Catastrophic (life-threatening or permanent harm).

Likelihood \ Consequence	Negligible	Minor	Moderate	Major	Catastrophic
Almost certain	Medium	High	High	Extreme	Extreme
Likely	Medium	Medium	High	High	Extreme
Possible	Low	Medium	Medium	High	High
Unlikely	Low	Low	Medium	Medium	High
Rare	Low	Low	Low	Medium	Medium

Before you start: controls that apply to every practical lesson

- Enclosed, non-slip footwear worn by all students
- Hair tied back, sleeves rolled up, aprons on, dangling jewellery removed or taped
- Bags, blazers and jumpers stored away from the bench and cooking area
- Teacher present and actively supervising for the entire practical, no student left unsupervised near heat or sharp tools
- Location of the first aid kit, fire blanket, fire extinguisher and nearest exit confirmed at the start of the lesson
- Class allergy register checked before ingredients are finalised
- Emergency evacuation procedure known by all students

Kitchen knives

Hazard Cuts and lacerations to hands and fingers during cutting, chopping or peeling.

Who is at risk All students and the teacher

Initial risk

Likely / Moderate → **High**

Residual risk (after controls)

Unlikely / Moderate → **Medium**

Control measures

- Demonstrate correct grip, claw hand and cutting technique before the task begins
- Knives carried point-down, blade turned inward, never left in a sink of water
- Teacher circulates and corrects technique during the task
- Knives stored in a designated block or drawer, never loose in a general drawer

PPE / equipment

- Cutting board on a non-slip mat or damp cloth

First aid / response

Apply direct pressure with a clean cloth, elevate the hand, and send to first aid. Seek medical attention for deep cuts or if bleeding does not stop.

Vegetable peelers

Hazard Small cuts and nicks to fingers or thumb during peeling.

Who is at risk All students

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Demonstrate peeling away from the body
- Peel over a bowl or board, not held in the air
- Blunt or damaged peelers removed from use

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Rinse the cut under cold water, apply pressure with a clean cloth, cover with a plaster if needed.

Mandoline or box grater

Hazard Deep lacerations to fingers and fingertips from contact with the blade.

Who is at risk All students, particularly those newer to the kitchen

Initial risk

Possible / Major → **High**

Residual risk (after controls)

Unlikely / Moderate → **Medium**

Control measures

- Guard or hand-guard used at all times, never fingers
- Teacher demonstration required before any independent use
- Restricted to students who have shown competence with basic knife skills first

PPE / equipment

- Hand guard or pusher supplied with the mandoline
- Cut-resistant glove where available

First aid / response Apply firm direct pressure with a clean cloth and elevate. Send to first aid immediately, this injury often needs medical review.

Glass or crockery breakage

Hazard Cuts from broken glass, crockery or ceramic bakeware during use, transport or clean-up.

Who is at risk All students and the teacher

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Breakages reported to the teacher immediately and the area cleared
- Broken pieces swept up with a dustpan, never handled with bare hands
- Damaged items disposed of in a designated sharps-safe container

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Check for glass fragments in the wound, rinse if clear, apply pressure and a dressing. Seek medical attention if fragments remain.

Stovetop or hotplate

Hazard Burns from hot cookware, hotplate surfaces, or splashing hot liquids.

Who is at risk All students and the teacher

Initial risk

Likely / Moderate → **High**

Residual risk (after controls)

Unlikely / Moderate → **Medium**

Control measures

- Pot and pan handles turned inward, away from aisles
- Oven mitts or tea towels used to handle hot handles and lids
- Students supervised at all times when a burner is alight
- Burners switched off immediately once cooking is finished

PPE / equipment • Oven mitts or tea towel for handling hot handles

First aid / response Cool the burn under cool running water for 20 minutes. Do not apply ice, butter or ointments. Cover loosely and send to first aid.

Steam from pots, pans or the oven

Hazard Burns to the face, hands or arms from steam release when lifting lids or opening the oven.

Who is at risk All students

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Lids lifted away from the body, tilted to release steam sideways
- Students taught to stand back briefly when opening the oven door

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Cool the burn under cool running water for 20 minutes and cover loosely.

Carrying hot pots, pans and trays

Hazard Burns or scalds from spills, and injury from dropped hot items.

Who is at risk All students

Initial risk

Possible / Moderate → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Clear path confirmed before moving hot items
- Oven mitts or tea towels used, verbal warning given to others nearby
- Heavy or full pots carried with two hands, lids used to prevent spills

PPE / equipment • Oven mitts or tea towel

First aid / response Cool any burn under cool running water for 20 minutes and cover loosely.

Wet or greasy floors

Hazard Slips, trips and falls from spilled water, oil or food scraps.

Who is at risk All students and the teacher

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Spills wiped up immediately and a warning given to the class
- Closed, non-slip footwear required for all practical lessons
- Floor mats used near sinks where available

PPE / equipment • Closed, non-slip footwear

First aid / response Check for injury before moving the student. Apply a cold pack for bumps or sprains, seek medical attention for suspected fractures.

Horseplay or running in the kitchen space

Hazard	Collisions, falls, or contact with hot equipment and sharp tools from running or messing around.
Who is at risk	All students
Initial risk Unlikely / Moderate → Medium	Residual risk (after controls) Rare / Moderate → Low
Control measures	• Clear behaviour expectations set at the start of the unit • Students redirected immediately if running or roughhousing near equipment • Kitchen space kept to a walking pace at all times
PPE / equipment	<i>None specific beyond standard kitchen attire</i>
First aid / response	Assess for injury as per the relevant hazard (cut, burn, bump) and treat accordingly, or seek first aid.

Raw meat, poultry, seafood or egg handling

Hazard	Cross-contamination and foodborne illness from improper handling of raw protein.
Who is at risk	All students
Initial risk Possible / Moderate → Medium	Residual risk (after controls) Unlikely / Minor → Low
Control measures	• Separate chopping boards and utensils used for raw protein • Hands washed thoroughly after handling raw meat, poultry or egg • Raw items stored below ready-to-eat food and cooked to safe temperatures
PPE / equipment	<i>None specific beyond standard kitchen attire</i>
First aid / response	Not a first-aid scenario in the lesson itself; if a student reports symptoms later, advise them to see a doctor and note the ingredients used.

Food temperature control and storage

Hazard Bacterial growth from food left in the temperature danger zone for extended periods.

Who is at risk All students

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Perishable ingredients kept refrigerated until needed
- Finished dishes not left at room temperature beyond the lesson period
- Fridge and prep area temperatures spot-checked periodically

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Not applicable during the lesson; discard any food left out beyond safe time limits rather than serving it.

Shared tasting spoons or communal serving hygiene

Hazard Cross-contamination between students from shared tasting spoons or serving utensils.

Who is at risk All students

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- A clean spoon used for each taste, never returned to the pot after tasting
- Separate serving utensils for each dish

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Not applicable, this is a hygiene control rather than an injury hazard.

Personal hygiene and illness

Hazard Contamination of food from unwashed hands, or a student attending prac while unwell.

Who is at risk All students

Initial risk

Possible / Minor → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Hands washed before starting and after any interruption to the task
- Students who are unwell reassigned to a non-food-handling role or excused from the practical
- Cuts or sores covered with a waterproof dressing before handling food

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Not applicable, this is a hygiene control rather than an injury hazard.

Cleaning chemicals and detergents

Hazard Skin or eye irritation, or accidental ingestion, from dishwashing and surface cleaning products.

Who is at risk All students and the teacher, particularly those with asthma or skin sensitivity

Initial risk

Unlikely / Moderate → **Medium**

Residual risk (after controls)

Rare / Minor → **Low**

Control measures

- Chemicals used and stored as per label instructions, not decanted into food containers
- Hands rinsed after contact with detergent or sanitiser
- Safety data sheets available in the prep area

PPE / equipment

- Gloves for prolonged contact with detergent, if a student prefers

First aid / response Rinse the skin or eyes with running water for several minutes. For eye contact or suspected ingestion, seek medical attention immediately.

Waste and bin disposal

Hazard Cuts from sharp waste, or mess from an overflowing bin during a practical.

Who is at risk All students

Initial risk

Unlikely / Minor → **Low**

Residual risk (after controls)

Rare / Minor → **Low**

Control measures

- Bins checked and emptied before they overflow
- Sharp scraps such as bones or shells wrapped before disposal

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Treat any cut as per the glass/crockery hazard above.

Long hair, loose clothing or jewellery near heat and equipment

Hazard Hair, sleeves or jewellery catching fire, becoming entangled in beaters, or dragging through food.

Who is at risk All students

Initial risk

Possible / Moderate → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Hair tied back before the lesson begins
- Sleeves rolled up and loose jumpers or scarves removed
- Dangling jewellery removed or taped down before starting

PPE / equipment

- Apron
- Hair tie

First aid / response Treat any resulting burn or injury as per the relevant hazard above.

Distraction from phone use or photography near heat or sharp tools

Hazard Loss of attention leading to cuts or burns while filming, photographing or checking a phone during an active task.

Who is at risk All students

Initial risk

Possible / Moderate → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Phones and cameras only used at the plating/finishing stage, away from active heat and cutting
- Clear expectation set that phones are away during hands-on cooking or cutting

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Treat any resulting burn or cut as per the relevant hazard above.

Dairy allergen present

Hazard Possible allergic reaction, including anaphylaxis in severe cases, from cross-contact or ingestion of dairy.

Who is at risk Any student with a diagnosed dairy allergy

Initial risk

Possible / Catastrophic → **High**

Residual risk (after controls)

Unlikely / Catastrophic → **High**

Control measures

- Class allergy register checked before the lesson and before ingredients are finalised
- Ingredient labels checked for dairy and cross-contact risk
- Separate utensils and surfaces used for any allergen-free alternative
- Location of the student's action plan and adrenaline autoinjector, if applicable, confirmed before the practical

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Follow the student's individual anaphylaxis action plan. Administer an adrenaline autoinjector if prescribed and symptoms match, call 000, and stay with the student until help arrives.

Gluten allergen present

Hazard Possible allergic reaction, including anaphylaxis in severe cases, from cross-contact or ingestion of gluten.

Who is at risk Any student with a diagnosed gluten allergy

Initial risk

Possible / Catastrophic → **High**

Residual risk (after controls)

Unlikely / Catastrophic → **High**

Control measures

- Class allergy register checked before the lesson and before ingredients are finalised
- Ingredient labels checked for gluten and cross-contact risk
- Separate utensils and surfaces used for any allergen-free alternative
- Location of the student's action plan and adrenaline autoinjector, if applicable, confirmed before the practical

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response Follow the student's individual anaphylaxis action plan. Administer an adrenaline autoinjector if prescribed and symptoms match, call 000, and stay with the student until help arrives.

Lesson-specific note

Hazard Practical assessment in cooking room.

Who is at risk To be assessed by the teacher

Initial risk

Possible / Moderate → **Medium**

Residual risk (after controls)

Unlikely / Minor → **Low**

Control measures

- Teacher to assess this item fully and add specific control measures before the lesson

PPE / equipment *None specific beyond standard kitchen attire*

First aid / response To be determined based on the specific hazard once assessed.

Prepared by (print name)

Date

Reviewed by (print name)

Date