

Kitchen Superstars: The Food Hygiene Guide

Be a Kitchen Hero: Keep it Clean, Keep it Safe!

- Always wash your hands with warm, soapy water for at least 20 seconds before you touch any food to stop germs from spreading.
- Keep raw meat and vegetables separate! Using the same chopping board for raw chicken and fresh salad can cause harmful cross-contamination.
- Check the 'Use By' date on packaging. If food has passed its date, it is not safe to eat, even if it looks perfectly fine.
- Keep your kitchen surfaces sparkling clean. Use a clean cloth or paper towel to wipe up spills immediately to prevent bacteria from growing.
- Store food at the right temperature. Perishable foods like milk, cheese, and meat must stay in the fridge to keep them fresh and safe.
- If you have a cut on your hand, always cover it with a bright, waterproof plaster before handling food to prevent any germs from getting into your meal.

Did you know? Did you know? Some bacteria are so tiny that over one million of them could fit on the tip of a single pin! This is why washing your hands thoroughly before you start cooking is the most important step to keep your food safe to eat.

Key vocabulary: Contamination · Bacteria · Hygiene · Perishable · Cross-contamination · Temperature