

Food Hygiene Flashcards with Bea the Bee

Learning objective: To understand the importance of food hygiene, preventing cross-contamination, and keeping a kitchen safe for cooking.

Read each question on the front of the card. Try to answer it before looking at the answer on the back. Use these cards to test your knowledge of how to keep food safe!

Why must we wash our hands before cooking?

To remove dirt and harmful bacteria that could make people ill.

What is cross-contamination?

When harmful bacteria spread from one food item (usually raw meat) to another, like vegetables.

Why do we use different coloured chopping boards?

To keep raw meats separate from ready-to-eat foods like bread or fruit, which helps stop cross-contamination.

What should you do if you have a cut on your finger while cooking?

Cover it with a brightly coloured waterproof plaster to ensure it does not touch any food.

Where should raw meat be stored in the fridge?

On the bottom shelf, so that juices cannot drip onto other foods.

What is the best way to dry your hands after washing them?

Using a clean, dry towel or paper towel.

Why is it important to check the 'Use By' date on food?

Food eaten after this date might contain harmful bacteria that could make you sick.

True or False: It is safe to taste food with the same spoon you used to stir the pot.

False. You should always use a clean spoon each time to taste food.

What temperature should the fridge be kept at to keep food safe?

Below 5°C.

Why do we wash vegetables before eating them?

To remove any soil, chemicals, or debris that might be on the surface.