

Max's Kitchen Safety Challenge

Learning objective: To understand the importance of food hygiene, preventing cross-contamination, and safe food preparation practices in the kitchen.

Max the monkey is getting ready to cook a delicious healthy snack. Help him keep his kitchen safe by answering these 10 questions. Read each question carefully before choosing your answer.

Answer Key: 1. A (20 seconds), 2. True, 3. False, 4. B (To stop bacteria spreading), 5. Bacteria, 6. True, 7. C (5°C or below), 8. False, 9. Washing, 10. True. Remember: Always wash hands before handling food!

Word bank: Cross-contamination · Bacteria · Hygiene · Temperature · Washing · Apron · Surface · Raw · Cooked · Fridge

**1. 1. How long should you wash your hands with warm soapy water before touching food?
A) 5 seconds B) 20 seconds* C) 1 minute D) 10 seconds (1 mark)**

2. 2. True or False: You should always wash your hands after touching raw meat. (1 mark)

3. 3. True or False: It is okay to use the same chopping board for raw chicken and fresh salad without washing it in between. (1 mark)

4. 4. What is 'cross-contamination'? A) Cooking food too fast B) Bacteria moving from one food to another* C) Eating too many vegetables D) Keeping the kitchen tidy (1 mark)

5. 5. What tiny, invisible things can make us poorly if they get into our food? (1 mark)

6. 6. True or False: You should keep your hair tied back and wear an apron when cooking to keep food clean. (1 mark)

7. 7. What is the safest temperature for a fridge? A) 20°C B) 15°C C) 5°C or below* D) 30°C (1 mark)

8. 8. True or False: If you drop a piece of fruit on the floor, it is safe to eat as long as you pick it up within 5 seconds. (1 mark)

9. 9. What is the most important step before preparing fruit or vegetables for a snack? (1 mark)

10. 10. True or False: A clean kitchen surface helps prevent food poisoning. (1 mark)

Draw: Draw a kitchen 'Safety Hero' (like Max the monkey) wearing an apron and _____ demonstrating one rule of food hygiene, such as washing hands or storing food in the fridge.



Extension challenge: Max bought three apples for £1.50 and a bag of flour for £2.20. If he pays with a £5.00 note, how much change does he get? Write a short sentence explaining why it is important to check the 'use-by' date on food labels.