

Kitchen Safety Heroes: A Guide to Food Hygiene

Learning objective: To understand and explain the importance of food hygiene and safety practices when preparing food.

Use this writing frame to help you explain how to stay safe in the kitchen. Read the prompt questions carefully and use the word bank to make your writing flow. Remember to include why each step is important for keeping food healthy to eat.

Preparing food at home is a fun and creative task, but it is vital to follow strict hygiene rules to ensure that everything we make is safe to eat.

Word bank: firstly · before starting · to prevent · harmful bacteria · cross-contamination · in addition · consequently · finally · essential · hygienic

1. Why is it important to wash your hands before handling food? Start your paragraph with: Washing my hands is the first step because... (2 marks)

2. What is 'cross-contamination' and how can we stop it from happening? Start your paragraph with: Cross-contamination occurs when... (2 marks)

3. Why should we use different chopping boards for raw meat and vegetables? Start your paragraph with: It is essential to use separate equipment to ensure... (2 marks)

4. What should you do if you spill something on the floor while cooking? Start your paragraph with: If a spill happens, the safest thing to do is... (2 marks)

5. Summary: Why does following these rules make you a 'Kitchen Safety Hero'? Start your paragraph with: By following these hygiene rules, I can make sure... (2 marks)

Extension challenge: Imagine Bea the honeybee is inspecting your kitchen! Write a short checklist of three 'Golden Rules' she would look for to ensure your cooking area is perfectly clean.