

Class 5 Design Technology: Food Hygiene and Kitchen Safety

Learning objective: To demonstrate knowledge of food safety, hygiene practices, and the prevention of cross-contamination when preparing food.

Read each question carefully. Ensure your answers are clear and reflect the hygiene rules discussed in class. Write your answers in the spaces provided.

Bea the honeybee is helping a group of children prepare a healthy fruit salad and vegetable platter for a school picnic. To keep everyone safe, they must follow strict hygiene rules. They have washed their hands, tied back their hair, and ensured the chopping boards are clean and ready for use. They must be careful not to mix the equipment used for raw vegetables with the equipment used for fruit.

Word bank: Cross-contamination · Bacteria · Hygiene · Temperature · Perishable · Sanitise · Apron · Surface

1. Why is it essential to wash your hands thoroughly before handling food? Give two reasons. (2 marks)

2. Bea explains that 'cross-contamination' is dangerous. Describe what this term means in your own words. (2 marks)

3. List three items of clothing or personal habits that help maintain high standards of hygiene in a kitchen. (3 marks)

4. If Max is preparing a chicken salad, why must he use a different chopping board than the one used for slicing bread? (3 marks)

5. Explain why food that is 'perishable' must be kept in a fridge. How does the cold temperature affect bacteria? (4 marks)

6. You are planning a class cooking project. Create a 'Kitchen Safety Checklist' of at least four rules that every student must follow to keep the workspace clean and safe. Include why each rule is important. (8 marks)

Draw: Draw a diagram of a clean and safe kitchen workspace. Label three items that help keep the area hygienic.



Extension challenge: Total: /25. Think about the 'Best Before' and 'Use By' dates on food packaging. Why is it more important to follow a 'Use By' date than a 'Best Before' date for food safety?