

Max's Kitchen Safety Challenge: Keep Food Bacteria-Free!

Be a Kitchen Hero! Keep it Clean, Keep it Cool, and Keep it Safe!

- Always wash your hands with warm, soapy water for at least 20 seconds before touching food to remove hidden germs.
- Use separate chopping boards for raw meat and vegetables to prevent cross-contamination, which happens when bacteria move from one food to another.
- Keep your fridge temperature at 5°C or below to slow down the growth of bacteria and keep your food fresh for longer.
- Cook poultry and minced meats until they are piping hot all the way through; use a kitchen thermometer if you are unsure!
- Always check the 'Use By' date on packaging. Never eat food that has passed this date, even if it looks and smells perfectly fine.

Did you know? Did you know? Bacteria can double every 20 minutes if food is left out in the 'Danger Zone' (between 5°C and 60°C). Always put perishable items like milk, meat, and eggs back in the fridge immediately after use!

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