

Max's Kitchen Safety Challenge

Learning objective: To understand the principles of food hygiene, including preventing cross-contamination, safe storage, and preparation of ingredients.

Max the monkey is getting ready to bake! Help him keep his kitchen safe by answering these ten questions about food hygiene. Read each question carefully and circle the best answer.

Answer Key: 1. A, 2. B, 3. True, 4. B, 5. False, 6. Bacteria, 7. A, 8. True, 9. False, 10. Fridge.

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

1. 1. Why is it important to wash your hands before handling food? A) To remove harmful bacteria*, B) To make your hands smell nice, C) To keep your nails long, D) To get your sleeves wet. (1 mark)

2. 2. What is 'cross-contamination'? A) Mixing two flavours together, B) Transferring bacteria from raw food to ready-to-eat food*, C) Cooking food for too long, D) Using a blue plate instead of a red one. (1 mark)

3. 3. True or False: You should always use a separate chopping board for raw meat and raw vegetables. (True/False) (1 mark)

4. 4. What is the ideal temperature range for a fridge to keep food safe? A) 15°C to 20°C, B) 0°C to 5°C*, C) 25°C to 30°C, D) 50°C to 60°C. (1 mark)

5. 5. True or False: It is safe to leave cooked chicken out on the kitchen counter all night long. (True/False) (1 mark)

6. 6. Fill in the blank: Tiny, invisible organisms that can cause food poisoning are called _____. (1 mark)

7. 7. Where should raw meat be stored in the fridge? A) On the bottom shelf*, B) On the top shelf, C) On the door, D) Next to the milk. (1 mark)

8. 8. True or False: You should always tie back long hair and wear a clean apron when preparing food. (True/False) (1 mark)

9. 9. True or False: If food smells slightly strange, you can make it safe by microwaving it for 30 seconds. (True/False) (1 mark)

10. 10. What is the piece of kitchen equipment used to keep perishable food cold and slow down the growth of bacteria? (1 mark)

Draw: Draw a 'Kitchen Safety Superhero' character wearing an apron, washing their hands at a sink, and using a colour-coded chopping board system.



Extension challenge: Max has £10.00 to spend on kitchen safety gear. He buys a packet of antibacterial wipes for £2.50 and a new set of colour-coded chopping boards for £6.25. How much change does Max get back?