

Max's Kitchen Safety Challenge: Food Hygiene Flashcards

Learning objective: To understand the principles of food hygiene, including preventing cross-contamination, maintaining personal cleanliness, and identifying safe food storage temperatures.

Use these flashcards to test your knowledge of food hygiene. Read the front of the card, attempt to answer, then check the back. For the 'Greater Depth' questions, provide detailed justifications to show your expert understanding.

What is cross-contamination?

The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, often from raw meat to ready-to-eat foods.

Why must you wash your hands before preparing food?

To remove bacteria, dirt, and potential pathogens that could cause illness if they enter the food supply.

What is the 'Danger Zone' for food temperature?

The range between 5°C and 60°C where bacteria multiply most rapidly. Food should be kept either colder or hotter than this range.

Explain why raw meat should be stored at the bottom of the fridge.

To prevent juices containing harmful bacteria from dripping onto other foods stored below, which would cause cross-contamination.

What does 'sanitise' mean in a kitchen environment?

To clean surfaces or equipment thoroughly using heat or chemicals to reduce the number of microorganisms to a safe level.

What might happen if you use the same chopping board for raw chicken and fresh salad vegetables?

Bacteria from the raw chicken could transfer to the vegetables, which are often eaten raw, leading to a high risk of food poisoning.

Justify why it is important to check 'Use-by' dates on food packaging.

'Use-by' dates relate to food safety; eating food after this date can be dangerous as harmful bacteria may have grown to unsafe levels, even if the food looks or smells normal.

Compare and contrast 'Use-by' dates and 'Best Before' dates.

'Use-by' is about safety (do not eat after this date), whereas 'Best Before' is about quality (the food may lose flavour or texture after this date but is generally safe to eat).

Explain why personal hygiene, such as tying back long hair and removing jewellery, is vital when cooking.

These actions prevent physical contamination (like hair or falling jewellery) from entering the food and reduce the surface area where bacteria can hide.

What would you do if you discovered a fridge had been left open and the internal temperature had risen to 15°C?

You should discard the perishable items because the temperature has been in the 'Danger Zone' for an unknown amount of time, allowing bacteria to multiply to potentially harmful levels.

Create a hygiene plan for preparing a picnic. How would you ensure the food remains safe?

Use an insulated cool bag with ice packs, keep raw and cooked foods in separate sealed containers, and ensure all perishable items are eaten quickly once removed from the cold source.

If you were designing a kitchen layout for a restaurant, where would you place the hand-washing sink and why?

It should be placed near the entrance of the food preparation area to ensure staff must wash their hands immediately before starting work, creating a clear 'hygiene barrier'.