

Max's Kitchen Safety Challenge: The Hygiene Heroes

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

- Why is it essential to wash your hands thoroughly with soap and warm water before handling any ingredients?
- How does using separate chopping boards for raw meat and fresh vegetables prevent dangerous cross-contamination?
- What is the 'Danger Zone' for food storage, and why must perishable items like milk and eggs be kept in the fridge?
- Why should you always check the 'use-by' date on food packaging rather than relying on how food looks or smells?
- How can wearing a clean apron and tying back long hair help maintain high standards of kitchen hygiene?

Did you know? Did you know? Bacteria are so tiny that thousands could fit on the tip of a single needle! These microscopic hitchhikers love warm, moist places, which is why keeping our kitchen surfaces clean and our fridge temperatures cold is the best way to stop them from multiplying.

Key vocabulary: Contamination · Bacteria · Cross-contamination · Perishable · Hygiene · Temperature · Sanitise