

Bea's Kitchen Safety Guide

Stay Safe, Stay Healthy: Bea's Top Tips for a Clean Kitchen!

- Always wash your hands with warm, soapy water for 20 seconds before you touch any food.
- Keep raw meat away from ready-to-eat foods like fruit and bread to stop germs from spreading.
- Make sure your fridge is cold enough to keep milk and cheese fresh and safe to eat.
- Wipe down your table and work surfaces with a clean cloth before and after you cook.
- Check the 'Use By' date on food packets to make sure the food is still safe to cook.

Did you know? Did you know? Bacteria are so small you cannot see them with your eyes, but they love to grow on warm, damp food! Keeping your kitchen clean stops them from making us feel poorly.

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