

Max's Kitchen Safety Challenge: Food Hygiene Flashcards

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

Read the front of each card to test your knowledge of food safety in the kitchen. Flip the card to check your understanding of the answer.

What is cross-contamination?

This is when harmful bacteria are transferred from raw food (like meat) to ready-to-eat food, often via hands, surfaces, or utensils.

Why should you wash your hands before handling food?

To remove bacteria, dirt, and viruses that could make you or others ill.

What is the 'Danger Zone' for food temperature?

The temperature range between 5°C and 63°C, where harmful bacteria grow and multiply most quickly.

What is the best way to store raw meat in a fridge?

On the bottom shelf, in a sealed container, to prevent juices from dripping onto other food.

True or False: You can use the same chopping board for raw chicken and fresh vegetables.

False. You must use separate boards or wash and sanitise the board thoroughly between tasks to prevent illness.

What is a 'perishable' food item?

A food that spoils or decays quickly if not kept at the right temperature, such as milk, meat, or eggs.

How long should you wash your hands for effective hygiene?

At least 20 seconds, using warm water and soap.

What should you do if you have a cut on your hand while cooking?

Cover it with a clean, waterproof, brightly coloured plaster to ensure it does not fall into the food.

Define 'Pathogens'.

Tiny organisms, such as bacteria or viruses, that can cause disease or food poisoning.

Why is it important to check 'Use-by' dates?

To ensure food is safe to eat, eating food past its 'use-by' date can lead to food poisoning even if the food looks and smells fine.

How can Max keep his kitchen surfaces safe?

By cleaning spills immediately and using a food-safe disinfectant to sanitise worktops before and after preparation.

What is the purpose of an apron in the kitchen?

To protect food from bacteria on your clothes and to protect your clothes from spills and splashes.