

Kitchen Safety Inspector: Food Hygiene Fact-File

Learning objective: To understand the importance of food hygiene, preventing cross-contamination, and safe preparation techniques in the kitchen.

Help Bea the honeybee keep the kitchen safe! Use this fact-file to plan a hygienic cooking session. Think about how to keep food fresh, clean your workspace, and avoid spreading germs. Write your answers clearly and check your spelling.

Word bank: cross-contamination · bacteria · hygiene · temperature · sanitise · perishable · utensils · ingredients

1. Personal Hygiene: Describe three things you must do before you start preparing food to ensure your hands are clean and safe. (3 marks)

2. Preventing Cross-Contamination: Explain why you should use separate chopping boards for raw meat and fresh vegetables. (2 marks)

3. Storage Solutions: If you have £15 to spend on ingredients, why is it important to check 'use-by' dates before you buy them? (2 marks)

4. Kitchen Environment: List three ways to keep a workspace clean during cooking to prevent harmful bacteria from spreading. (3 marks)

5. The Cooling Rule: Why should leftover cooked food be cooled quickly before being placed in the fridge? (2 marks)

Extension challenge: Imagine you are running a small cafe. Create a 'Kitchen Golden Rules' poster for your staff, including at least four steps for maintaining perfect food hygiene.