

Kitchen Safety Heroes: A Guide to Food Hygiene

Learning objective: To understand and explain the importance of food hygiene and safety practices when preparing a meal.

Use the writing frame below to help you structure a guide for your classmates on how to stay safe while cooking. Use the word bank to help you link your ideas together.

Preparing food in the kitchen is an exciting activity, but it is vital to follow strict hygiene rules to ensure that our meals are safe to eat.

Word bank: cross-contamination · pathogens · hygienically · consequently · furthermore · essential · in addition to · temperature control · sanitise · bacteria

1. Personal Hygiene: Why is it essential for a chef to wash their hands thoroughly before touching food? Start your paragraph with: To prevent the spread of bacteria, it is crucial that... (2 marks)

2. Preventing Cross-Contamination: How can we keep raw and cooked foods separate? Start your paragraph with: One of the most important safety measures is to avoid cross-contamination by... (2 marks)

3. Cleaning Surfaces: Why must we sanitise our workspace before and after cooking? Start your paragraph with: Keeping our preparation area clean is vital because... (2 marks)

4. Temperature and Storage: Why is it important to store food at the correct temperature? Start your paragraph with: Storing perishable items correctly helps to stop the growth of harmful pathogens, for example... (2 marks)

5. Summary: What is the most important lesson you have learned about food safety? Start your paragraph with: In conclusion, following these hygiene rules is necessary because... (2 marks)

Extension challenge: Imagine Bea the honeybee is inspecting your kitchen. Write a short checklist of three things she would look for to ensure your kitchen is 'bee-safe' and clean.