

Kitchen Safety Inspectors: The Food Hygiene Challenge

Learning objective: To understand the principles of food hygiene, the '4 Cs' (Cleaning, Cooking, Chilling, and Cross-contamination), and how to prevent food-borne illnesses.

Max the monkey is preparing a feast, but he has left his kitchen in a state of chaos! You are the Chief Food Safety Inspector. Review the list of scenarios below and decide if they are 'Safe' or 'Unsafe'. For every 'Unsafe' action, explain the potential risk and provide a corrective action to ensure the food remains safe to eat.

Word bank: Cross-contamination · Bacteria · Pathogens · Temperature danger zone · Sanitise · Perishable · Hygiene · Preparation

1. Max uses the same wooden chopping board to slice raw chicken and then immediately chop fresh lettuce for a salad. Is this safe? Justify your answer. (2 marks)

2. Max leaves a bowl of cooked custard on the kitchen counter for six hours while he goes for a nap. Explain why this could cause a health risk. (2 marks)

3. Max washes his hands with cold water for five seconds before touching the ingredients. Is this effective? Explain how he should improve his hygiene routine. (2 marks)

4. Compare and contrast: Why is it vital to store raw meat at the bottom of the fridge rather than on the top shelf? (2 marks)

5. What might happen if a kitchen surface is not sanitised after preparing a meal with raw eggs? Discuss the chain of events. (2 marks)

6. If Max decides to buy ingredients for a fruit tart costing £4.50, but discovers the shop fridge is broken, should he still buy the items? Justify your decision based on food safety principles. (2 marks)

Draw: Draw a 'Kitchen Safety Map' of a model kitchen. Include labels showing where raw food is stored, where hand-washing stations are located, and where different coloured chopping boards (e.g., red for meat, green for vegetables) are kept to prevent cross-contamination.



Extension challenge: Design a 'Safe Kitchen' poster for the school canteen. Your poster must include a catchy slogan and three golden rules for food hygiene that are easy for everyone to follow. Explain why your chosen rules are the most important for maintaining a healthy environment.