

Kitchen Safety and Food Hygiene Flashcards

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

Read the front of the card and test your knowledge of food hygiene. Flip to see the answer. Use these to help Max the monkey prepare for his healthy snack workshop!

What is 'cross-contamination' and how can you prevent it?

Cross-contamination is when harmful bacteria spread from one food item to another. You can prevent it by using separate chopping boards for raw meat and vegetables.

Why must you wash your hands before handling food?

Washing hands removes dirt and harmful bacteria that could be transferred to the ingredients, preventing illness.

What is the 'Danger Zone' in food temperature?

The Danger Zone is between 5°C and 63°C, where bacteria can multiply rapidly. Food should be kept either colder or hotter than this range.

Explain why raw chicken should never be stored above ready-to-eat foods in a fridge.

Raw chicken juices may drip onto the food below, causing cross-contamination. Raw meat should always be on the bottom shelf.

What does 'perishable' mean in the context of food storage?

Perishable foods are items that decay or spoil quickly if not kept at the right temperature, such as milk, meat, and eggs.

Define 'personal hygiene' in a kitchen setting.

Personal hygiene includes tying back long hair, wearing clean aprons, covering cuts with blue waterproof plasters, and washing hands thoroughly.

Why should you use different coloured chopping boards?

To easily identify which board is for raw meat, cooked meat, vegetables, or dairy, reducing the risk of transferring bacteria.

What is the correct way to defrost frozen food?

It should be defrosted slowly in the fridge, not at room temperature, to stop bacteria from multiplying on the outside while the middle is still frozen.

What are 'pathogens'?

Pathogens are tiny microorganisms, such as bacteria or viruses, that can cause food poisoning if consumed.

Justify why we check 'Use By' dates instead of 'Best Before' dates.

'Use By' dates relate to safety, eating food after this date can be dangerous. 'Best Before' dates relate to quality and taste.