

Kitchen Commanders: Mastering Food Hygiene with Max

Be a Kitchen Commander: Keep it Clean, Keep it Safe!

- **Why is it essential to use separate chopping boards for raw meat and fresh vegetables to prevent cross-contamination?**
- **How does thorough handwashing with warm, soapy water for 20 seconds protect the people you are cooking for?**
- **What is the correct way to store raw poultry in a refrigerator to ensure it does not drip onto other food items?**
- **Why must high-risk foods, such as dairy and cooked rice, be kept outside of the temperature danger zone?**
- **What role does surface sanitisation play in maintaining a professional and safe food preparation environment?**

Did you know? Did you know? Bacteria can double in number in as little as 20 minutes if food is left out in the 'temperature danger zone' (between 5°C and 60°C). Always refrigerate your leftovers promptly to keep those invisible tiny organisms from multiplying!

Key vocabulary: Cross-contamination · Pathogens · Perishable · Sanitise · Temperature danger zone · Personal hygiene