

Kitchen Safety Inspectors: The Food Hygiene Challenge

Learning objective: To understand the principles of food hygiene, including preventing cross-contamination, maintaining personal cleanliness, and identifying high-risk food practices.

Max the monkey is helping in a busy school kitchen, but he needs your expertise to ensure all food preparation is safe and hygienic. Read each scenario carefully and use your knowledge of food safety to provide the best advice.

In a professional kitchen, maintaining high standards of hygiene is essential to prevent the spread of harmful bacteria. Whether washing hands, storing raw meat away from ready-to-eat foods, or ensuring the kitchen surface is sterile, every small action helps to protect the health of others.

Word bank: cross-contamination · bacteria · pathogens · sanitise · perishable · temperature · hygiene · allergens

1. Max is preparing a chicken salad. He uses the same chopping board for the raw chicken and the lettuce. Explain why this is dangerous and suggest how he should change his method to avoid cross-contamination. (3 marks)

2. Why is it vital to store raw meat at the bottom of the refrigerator rather than on the top shelf? Justify your answer based on potential food safety risks. (2 marks)

3. Compare and contrast the importance of washing hands before handling food with the importance of wearing a clean apron. Which do you believe is more critical for hygiene? Explain your reasoning. (3 marks)

4. If a kitchen surface has been used to prepare pastry containing nuts, what steps must be taken before preparing a meal for someone with a severe nut allergy? Why is simple wiping not sufficient? (3 marks)

5. What might happen if a chef leaves perishable food items, such as cooked rice or dairy, out on the kitchen counter for several hours at room temperature? (2 marks)

6. Design a 30-second hand-washing routine for the kitchen staff. List the steps you would include to ensure no bacteria are left behind. (4 marks)

Draw: Draw a 'Kitchen Safety Map' of a workspace. Use labels to show where raw ingredients are stored, where hand-washing stations are located, and show with arrows how to keep different food groups separate.



Extension challenge: Research the 'Danger Zone' in food temperature control. Write a brief report for Max explaining why certain temperatures allow bacteria to thrive and how a refrigerator maintains a safe environment.