

food route

a journey through food

Name:

Food safety

Be safe!

Food safety is important - it ensures that the food you and your friends eat is safe so that you will not get food poisoning. This means storing food safely, being hygienic, checking food labels and cooking food until it is piping hot!

Think about ...

- having good personal hygiene
- keeping the kitchen clean
- checking date-marks on food
- storing food in the right place
- cooking food until it is piping hot



FOOD
STANDARDS
AGENCY

Clean 'n' Tidy checklist

What have you done to keep the kitchen clean and tidy?
Fill in the checklist below.



My checklist for keeping the kitchen clean:

Task

Date

Date

Date

e.g. clean work surfaces

1/1/2009



Being safe

Stick image here

Stick image here

Stick image here

Recipe name:

Before cooking, the ingredients should be stored:

I know it will be cooked when ...

After cooking I know it should be stored by ...

Recipe name:

Before cooking, the ingredients should be stored:

I know it will be cooked when ...

After cooking I know it should be stored by ...

Recipe name:

Before cooking, the ingredients should be stored:

I know it will be cooked when ...

After cooking I know it should be stored by ...

Hot hot hot!

List different ways that you can tell a dish is cooked properly or reheated until it is piping hot.

Using labels

Collect two food labels and explain their storage instructions and date-marks.

Food label

Stick label here

Stick label here

Storage instructions

Why are these written in this way? What would happen if you didn't store the food as instructed?

Date-marks

What type of date-mark is given? What would happen if you ate the food after this date?

I know...

'Best before' means:

'Use by' means:

Ingredients
Sardines (70%), Water, Tomatoes



Allergy advice
Contains fish.



Storage:

Once opened keep refrigerated.
Remove from can and use.
Lift ring and push forward.
Pull back gently to remove.

CHECK!

- I know how to store food, before and after cooking, so that it is safe to eat.
- I keep the kitchen clean when I prepare and cook food.
- I make sure food is cooked thoroughly and that reheated food is piping hot.
- I use date-mark and storage instructions to keep food safe.