

Name:

Food safety

Help keep food safe

Food safety is important - you need to store, handle and cook food carefully at all times to make sure what you eat is safe. When preparing raw and cooked foods together, it is important to take care to prevent cross-contamination.

Before and after cooking, do you think about storing foods carefully in the right place? To know the best ways to store food, and how long it will be good to eat, it is always useful to read date-marks and storage information on food labels.

Knowing when the food is cooked also helps you to enjoy the food, rather than worrying if it is unsafe or not.



Think about ...

- * how to keep safe and hygienic
- * ways to stop cross-contamination
- * reading storage info on food labels
- * how to tell when foods are ready-to-eat



My safety journal



Date:

Recipe:



Date:

Recipe:



Before
cooking

Cooking

After
cooking



Read the label

Food labels show you how to store and cook food safely.
Write a shopping list and suggest where you should store each food.

My shopping

Foods to be put...

in the freezer

in the fridge

in the in the cupboard/on the counter-top



per can 213 Calories 13.2g Fa

Ingredients
Sardines (70%), Water, Tomato P

Allergy advice
Contains fish.

Storage:
Once opened keep refrigerate
Remove from can and use with
Lift ring and push forward to p
Pull back gently to remove ent

CHECK!

- I handle food and cook hygienically and safely at all times.
- I keep ready-to-eat and cooked food separate from raw meat to avoid cross-contamination.
- I store foods correctly, so that they are safe to eat.
- I know when food is cooked, so that it is safe to eat.
- I use food safety information on food labels when I buy, store or eat food.