Knowledge Organiser: Life Skills

Topic: Kitchen Safety

### Key vocabulary

| Hygiene             | Clean Wash Storage Temperature<br>Anti-bacterial labels Use by/sell by  |
|---------------------|---|
| Poisoning           | Bacteria Raw Cooked Defrost<br>Diarrhoea/Sick/fever Salmonella Listeria<br>E.col Staphylococcus Campylobacter |
| High Risk Foods     | Meat & Fish Dairy foods Gravy, stock & Sauces Shellfish & Seafood Cooked rice                                 |
| Cross Contamination | Bacteria from raw to cooked food.   |
| Safety              | Accidents Prevention Emergency Plasters<br>Danger Cuts Burns Slip/Fall Rules                                  |
| Storage             | Temperature Fridge Freezer Cupboard Cover Wrap Label Instructions   |
|                     |   |

# Are you safe?

What should you do before you cook?







Is the kitchen, work surfaces and food equipment clean?



cooked food be handled and stored?



How can you make sure that microbes do not multiply quickly?



kept in a fridge?



How would you know how

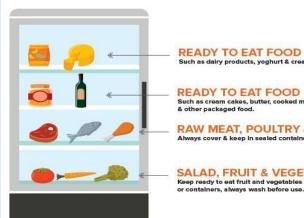
long these foods last?





Nutrition

## Fridge Storage



**READY TO EAT FOOD** Such as dairy products, yoghurt & cream

#### READY TO EAT FOOD

Such as cream cakes, butter, cooked meats, leftovers & other packaged food.

**RAW MEAT, POULTRY & FISH** Always cover & keep in sealed containers.

SALAD, FRUIT & VEGETABLES Keep ready to eat fruit and vegetables in sealed bags

### Temperature

Fridge 0-5°C

Freezer -18°C

Danger zone 5-63°C Bacteria can grow & Multiply

Cooked food 75°C

Reheated food 75°C

# How to avoid getting Food Poisoning

