

Knowledge Organiser: Life Skills

Topic: Kitchen Safety

Key vocabulary

Hygiene	Clean Wash Storage Temperature Anti-bacterial labels Use by/sell by
Poisoning	Bacteria Raw Cooked Defrost Diarrhoea/Sick/fever Salmonella Listeria 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 Danger Cuts Burns Slip/Fall Rules
Storage	Temperature Fridge Freezer Cupboard Cover Wrap Label Instructions

Are you safe?

- When is it important to wash your hands?
- Is the kitchen, work surfaces and food equipment clean?
- How should raw and cooked food be handled and stored?
- How would you know how long these foods last?
- How can you make sure that microbes do not multiply quickly?
- Where should raw meat be kept in a fridge?

What should you do before you cook?

- Where should these foods be stored?
- Enjoy your food!

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For further information go to www.nutrition.org.uk/foodafety.htm



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 or containers, always wash before use.

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

- Don't wash raw chicken
- Do wash with soap after touching raw meat
- Chicken, pork, burgers and sausages must be cooked through
- Do set the fridge to 0-5C
- Do defrost food in the fridge
- Do reheat food thoroughly and stir halfway
- Don't eat food after the 'use by' date