

# Hygiene in the kitchen!

This person is preparing food - What is wrong with her?



Go to the next page once you think you know all the answers...

# Hygiene in the kitchen - Answers

**Her hair is dirty and hanging down over her shoulders.**

*(Hair should be clean and up in a ponytail, she should wear a net or hat)*

**She is wearing jewellery and a watch.**

**Her apron is dirty.**

*(Clothing should be clean when preparing food)*

**She is wearing slippers.**

*(Sensible shoes should be worn in the kitchen)*

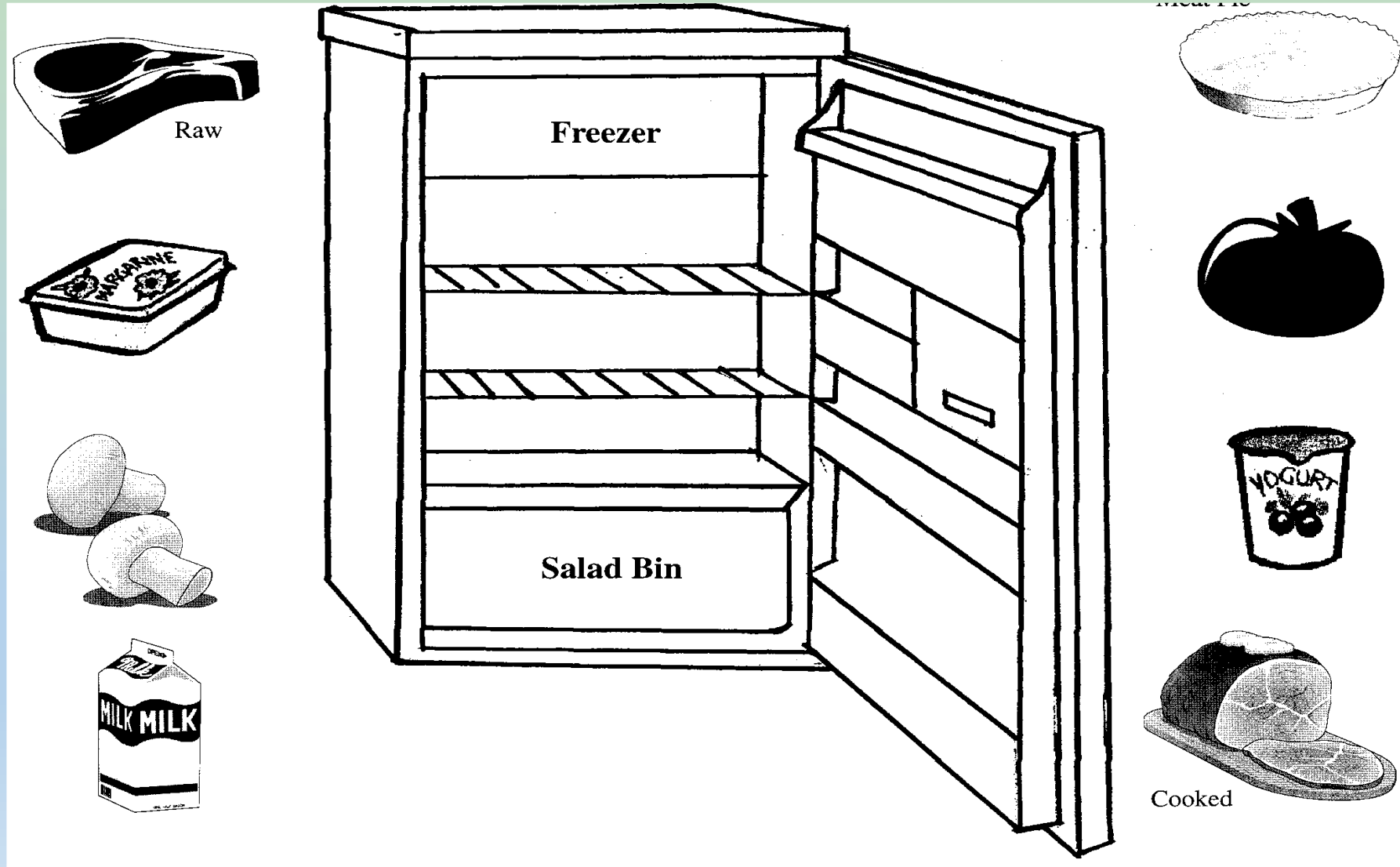


**Her nose is running/ she has a cold**

**She is smoking.**

# Where in the fridge should the food be kept?

Go to the next page once you've thought about the answers...



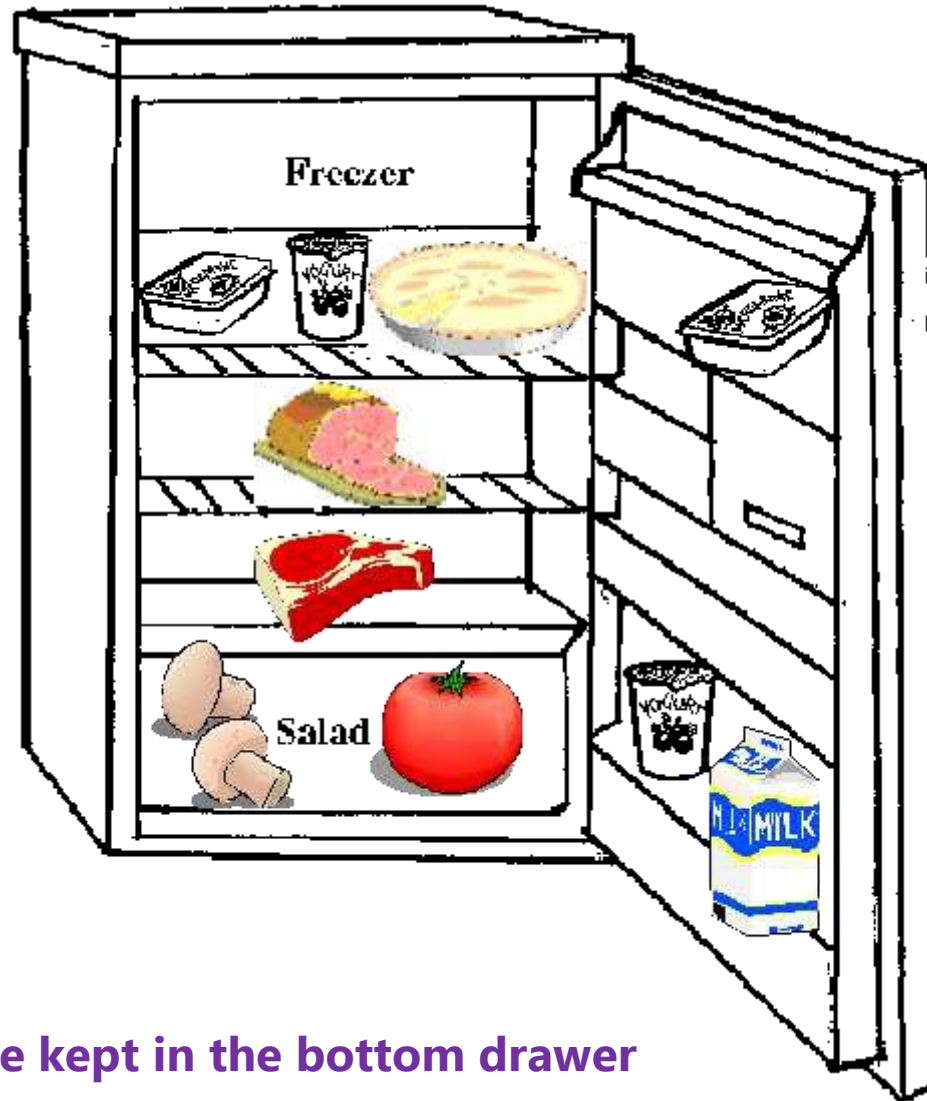
# Where in the fridge should the food be kept? - Answers

Any containers with lids, pies, quiches on the top shelf.

Cooked meats should be on the middle shelf.

Raw meat should be kept on the bottom shelf to avoid **Contaminating\*** the other cooked foods.

Salad and vegetables should be kept in the bottom drawer



Butter and cheeses can be kept in the door.

Milks large yogurt pots can also be kept in the door.

**\*Contamination** – when raw and cooked food touch each other or drip into each other, it can cause you to feel unwell and get food poisoning.

# How can I stop myself from getting food poisoning?

## Do's

- Keep raw and cooked foods separate
- Cover foods
- Handle food as little as possible
- Keep animals out of the kitchen
- Get rid of rubbish
- Keep work surfaces clean
- Keep yourself clean
- Have good habits
- Tie your hair back
- Wash your hands before cooking and after you have been to the toilet

## Dont's

- Taste food with your fingers
- Cough/sneeze over food
- Bite your nails
- Spit
- Pick your nose
- Eat/chew gum
- Smoke

# How can I stop myself from getting food poisoning?

## To stop bacteria from multiplying you must:

- ❖ **Avoid the danger zone (5°C - 63°C) – food should be either hot or cold.**
- ❖ **Make sure that food is covered when cooling down – it should only be cooling for 1 ½ hours.**
- ❖ **Cool food completely before you put it in the fridge.**

All this information is found on [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

