

Key points to learn: Hygiene Rules

Personal Hygiene

Wash Hands

Wear Apron

Tie Hair Back

Chopping Boards

Red – Raw Meat

Brown – Vegetables

Green – Salad Fruit and veg

Yellow – Cooked Meat

White – Dairy and Bakery

Blue – Raw Fish

Fridge Storage

Below is the order that food should be stored in a fridge

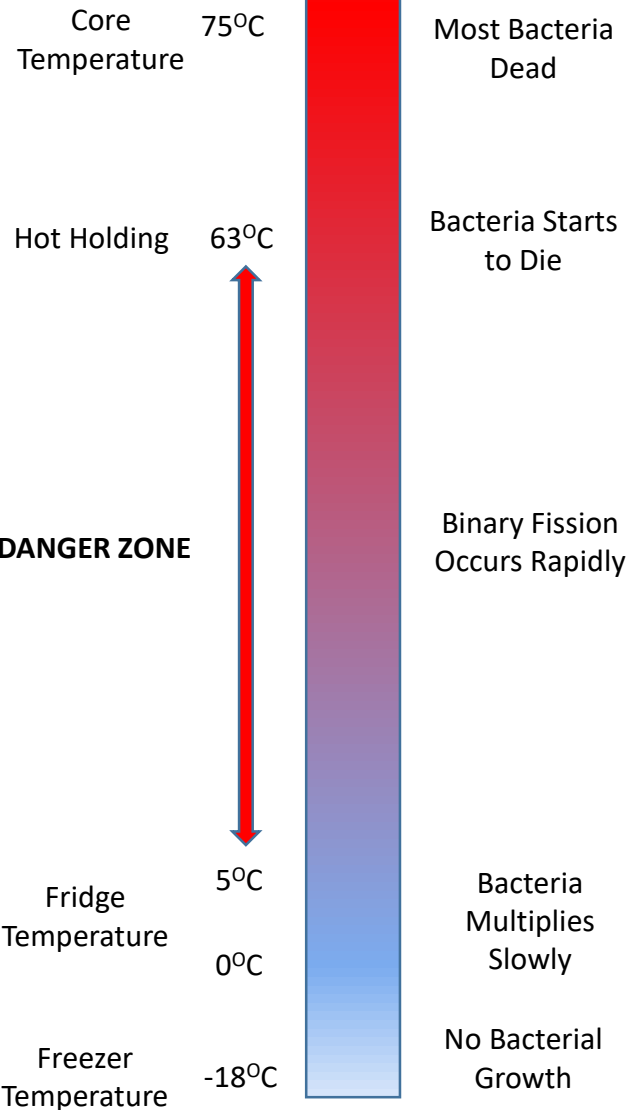
- Dairy
- Fruit and Veg
- Cooked Meat
- Raw Meat
- Raw Fish

Kitchen Rules

- Check Storage temperatures regularly
- Use sanitiser to clean down work benches
- Hot soapy water to wash up
- Keep bins from overflowing
- Do not store food stuff on the floor

Food Hygiene

Key points to learn: Key Temperatures



KS3 Food Preparation and Nutrition

Year 7- Autumn 1

Health, Safety and Hygiene

Key Terms

Cross Contamination

The transfer of bacteria from one food to another

Binary Fission

How bacteria multiply

Food Poisoning

Causes

- Cross Contamination
- Improper storage temperatures
- Undercooked food

Symptoms

- Vomiting
- Diarrhoea
- Fever
- Stomach Ache