

**Food safety** rules

1.

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4.

Can you think of your own rules?

**Food hygiene** rules

1.

2.

3.

4.

cleaned, water, bacteria, soapy, cutting, lasagne, refrigerator, smell, bottom, use, check

Food hygiene and safety – **BAD FOOD LIVE**

Never leave a fridge door open. It allows the fridge and the food to warm up, encouraging the growth of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Dirty hands and nails spread bacteria. You should always wash your hands with warm \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water before handling food.

Lots of food, like fresh meat needs chilling to keep it safe. It should be taken straight home to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Store raw meat in sealed containers on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ shelf of the fridge. It stops it dripping onto other food.

Keep surfaces clean using hot soapy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and a sponge or cloth that is changed or cleaned regularly.

Always make sure kitchen utensils are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ properly before you use them.

‘Use by’ dates are there for safety reasons. Never use food after it’s ‘Use by’ date, even if it looks or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ normal.

To avoid the spread of bacteria, don’t prepare other foods on a chopping board you have used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meat without cleaning it thoroughly first.

It is OK to taste food while it is cooking, but don’t \_\_\_\_\_\_\_\_\_\_\_\_\_ spoons or other utensils and put them back in the food.

All minced meat, like meatballs and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ must be cooked thoroughly. You can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by cutting them open.

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