

# Enjoy the puzzles with your child and be safe in the kitchen!



# KITCHEN CHECK

## TEACHING CHILDREN HOW TO COOK SAFELY

The majority of people learn their food safety habits from a member of their family—and we want to help people get things right from the start.

The Food Standards Agency has created a series of activities that parents, supervising adults and those working with children can use to promote food safety and hygiene.

The three activities are designed for children of a primary school age and aim to help them learn more about storing food in the fridge, preparing food correctly and keeping the kitchen clean and hygienic.

The activities include:

- **SPOT THE DIFFERENCE**  
Identify the differences between the 'good' and 'bad' fridge.
- **COLOUR CODE PICTURE**  
Colour in the food safety hazards in the kitchen scene.
- **WHERE SHOULD THE FOOD GO?**  
Match the different foods to the places where they should be stored in the fridge.

We recommend working through the activities with your child. Below are our top tips to discuss with your child while they complete the activity.

# FOOD SAFETY WEEK – TEACHING CHILDREN HOW TO COOK SAFELY

## TOP TIPS TO REMEMBER FOR A SAFE KITCHEN INCLUDE:

- Chilling food properly in the fridge helps to prevent food poisoning – check that the temperature of the fridge is between 0 and 5°C to prevent harmful germs multiplying.
- It is important to store food correctly in the fridge so it is safe. Raw meat or fish should be covered and stored on the bottom shelf of the fridge to avoid raw juices dripping onto other foods and contaminating them. All leftover food should be stored in sealed or covered containers. Salad or vegetables should be placed in the covered drawers in the fridge.
- Don't overfill your fridge. A well organised fridge helps air to circulate and maintain the set temperature.
- Hands are the main way germs spread. Always wash hands thoroughly with warm, soapy water, rinse and dry well before beginning to prepare food and after you have finished. It's particularly important to wash your hands after handling raw meat and before touching food which is ready-to-eat.
- Surfaces should be thoroughly cleaned, with hot, soapy water and then, if necessary, with a disinfectant spray.
- Kitchens are busy places in the home, but all clutter should be removed from surfaces before you start to cook to make it easier to practice good hygiene – this includes getting pets out of the kitchen.
- Take note of 'use by' dates and plan meals to ensure that food is used by the date given – if something is past this then throw it away as it may not be safe to eat.
- Always use a chopping board when preparing food in the kitchen. Wash the board thoroughly with hot, soapy water between uses, especially if you're switching between preparing raw and ready-to-eat foods, or better still use different boards for raw and ready-to-eat foods.
- Don't forget your tea towels, dishcloths or oven gloves – these should be changed regularly as they are a perfect breeding ground for germs.
- Always cook food until it is steaming hot in the middle to make sure you kill all of the bacteria and that it is safe to eat.

# SPOT THE DIFFERENCE



YOUR FOOD WILL BE SAFE STORED IN THIS WAY.

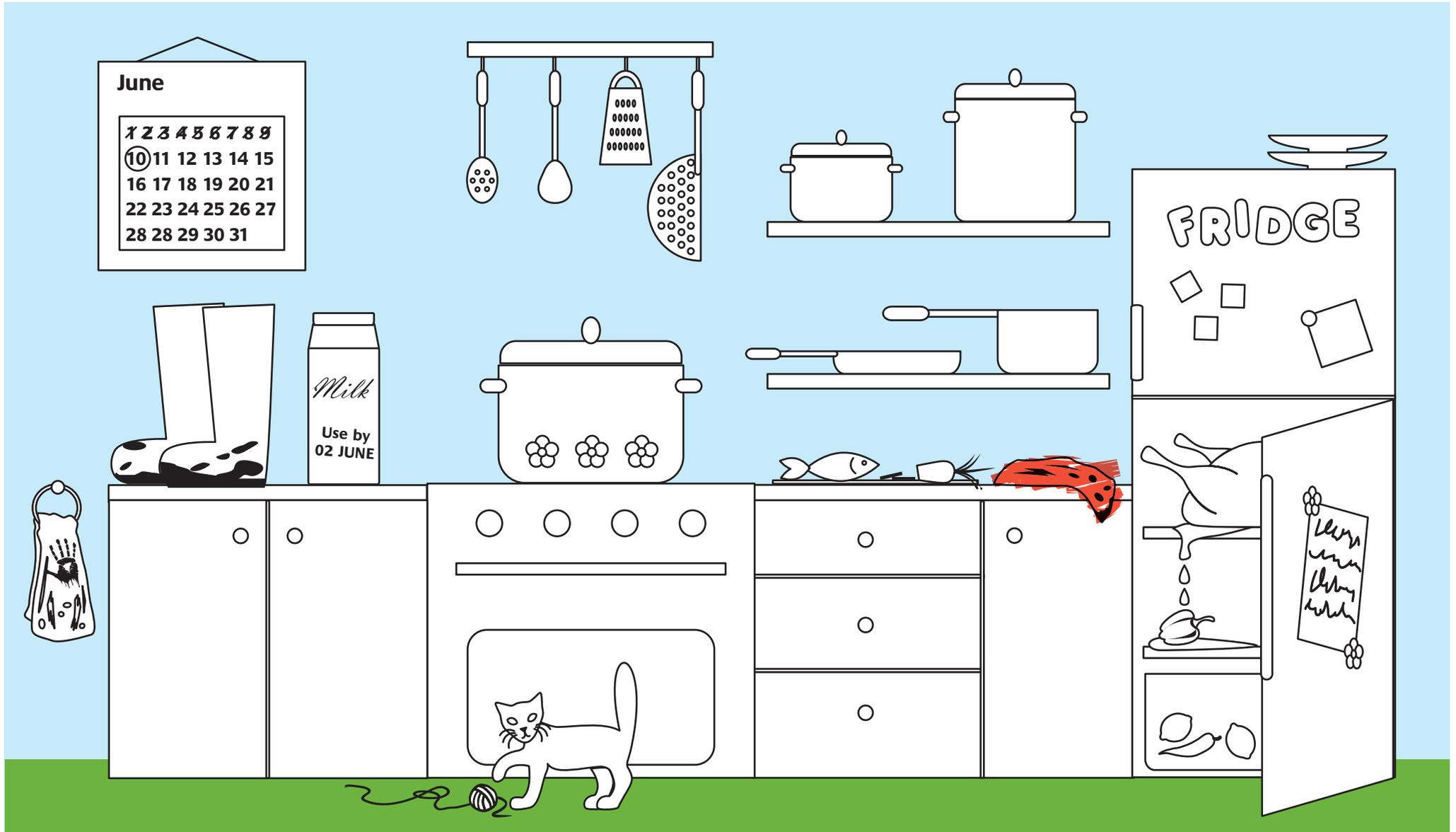


YOUR FOOD MAY NOT BE SAFE STORED IN THIS WAY.

There are six differences between the first and second picture. Can you spot what they are and mark them on the sheet?

Instructions for adults: Each difference shows a food safety rule that's being broken. Does your child know what those rules are and why they should be followed to make sure food is safe?

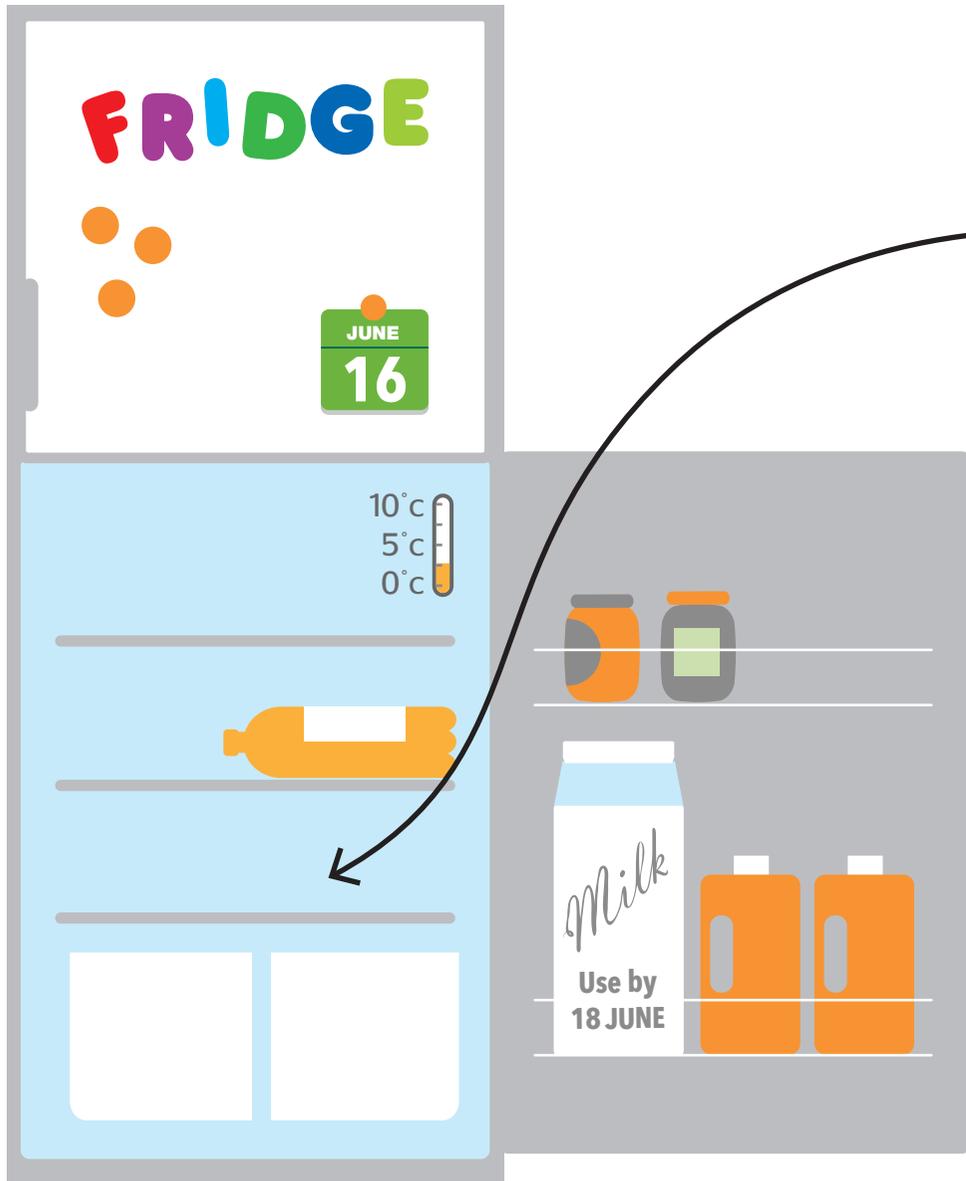
# COLOUR CODE PICTURE



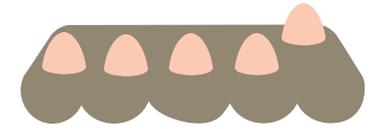
**There are seven food safety hazards in this kitchen scene. Can you find them and colour them in red to show the potential danger?  
We've done the first one for you - it's a dirty dish cloth.**

**Instructions for adults:** The kitchen scene contains seven bad examples where food safety rules are not being followed. Can your child identify what is wrong in the picture and which rules are being broken? They should colour the food safety dangers in red.

# WHERE SHOULD THE FOOD GO?



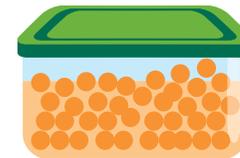
Raw poultry in a container



Eggs



Yoghurts



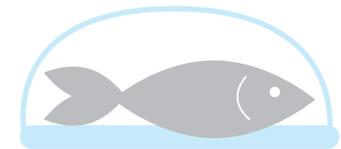
Beans in a container



Salad & Vegetables



Cooked meat



Raw fish in a container

**Do you know where the different foods should live in the fridge? It is important not to overcrowd the space and to keep raw and cooked foods apart to stop germs from spreading.**

**Instructions for adults:** Each food has a certain place it should be stored in the fridge to keep it safe. Work with your child to help them understand where the different foods should live in the fridge, with some having a couple of alternatives. Perhaps you could look in your own fridge at home whilst working with your child on the puzzle?

# TEACHING YOUR CHILD ABOUT SAFE COOKING – ANSWERS

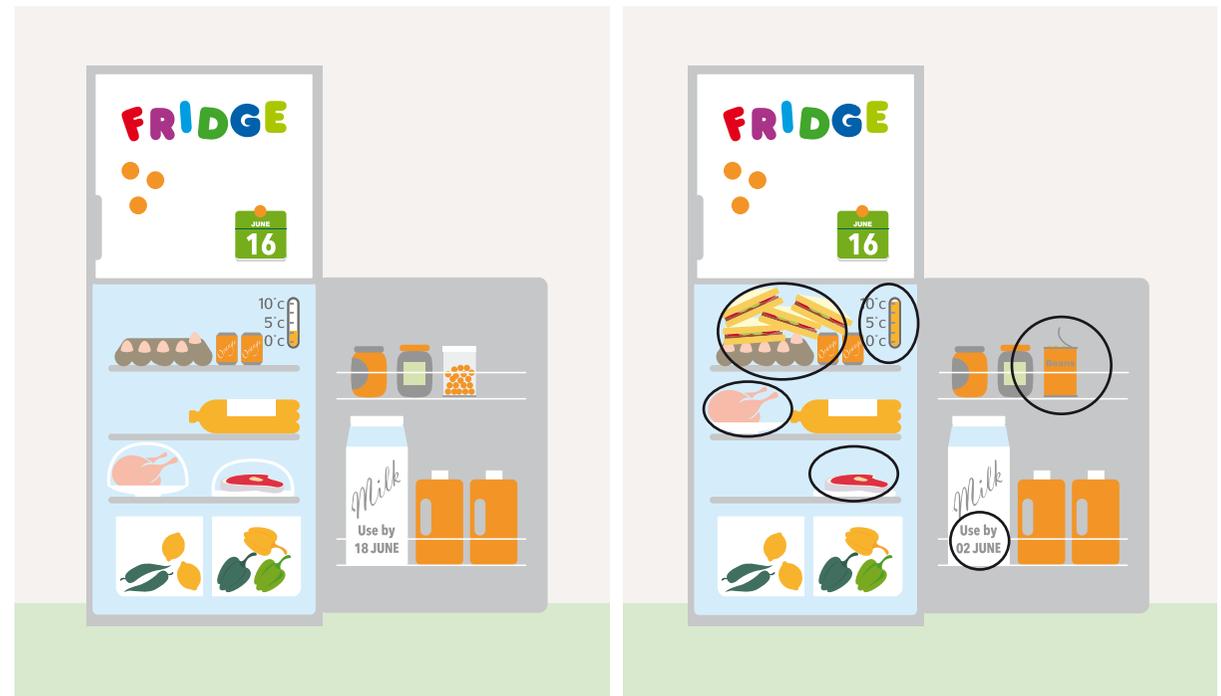
We hope you enjoyed completing the activities with your child.

Below you will find the activities again with the correct answers marked on them and a few of the top tips underneath. Remember to visit Kitchen Check to tell you more information on how to be safe with food in the kitchen at [www.food.gov.uk/kitchen-check](http://www.food.gov.uk/kitchen-check)

We are on Facebook and Twitter too, come and join us for more information on safe eating in the home:

[food.gov.uk/facebook](https://www.facebook.com/food.gov.uk)  
[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

## SPOT THE DIFFERENCE



### What did you spot in the 'bad' fridge?

- The sandwiches were too crowded on the top shelf.
- The temperature of the fridge was too high to be safe.
- The beans should not be stored in a can but in a sealed container.
- The milk was past its 'use by' date.
- The raw chicken should be placed on the bottom shelf and covered.
- The raw meat should be covered on the bottom shelf.

### What did you spot in the fridge that would keep food safe?

- There is enough space in the fridge. A well organised fridge should allow air to circulate and maintain the set temperature.
- The temperature of the fridge is between 0 and 5°C to prevent germs from growing.
- The milk is within its 'use by' date and is safe to drink.
- Food is covered to prevent drips from other foods:
  - o The beans are stored in a sealed container.
  - o The raw chicken is placed on the bottom shelf and covered.
  - o The raw meat is covered on the bottom shelf.

# TEACHING YOUR CHILD ABOUT SAFE COOKING – ANSWERS

## COLOUR CODE PICTURE



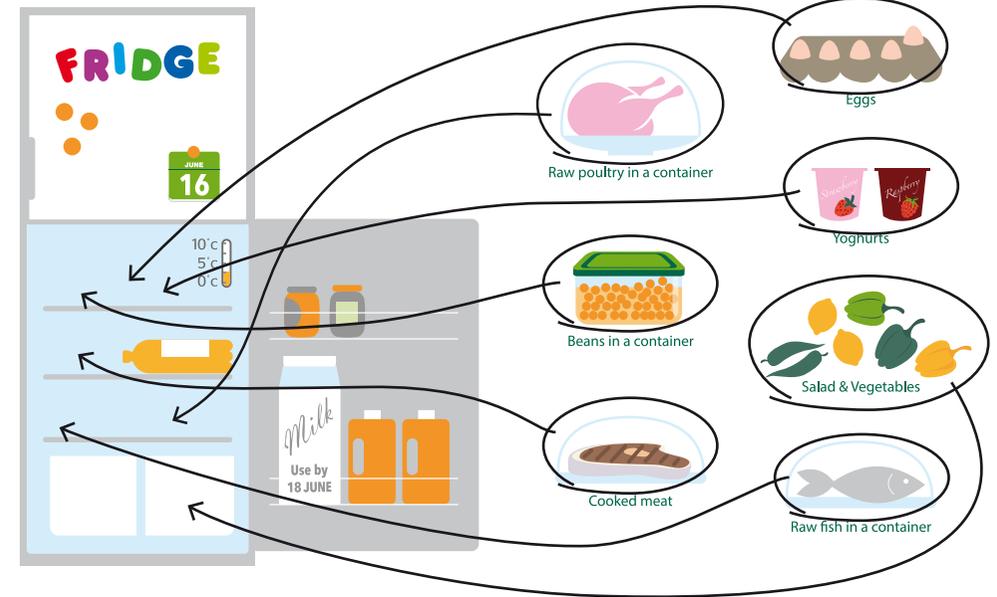
### Which hazards did you spot and colour in?

- The dishcloth was very dirty and needed to be washed and replaced.
- The tea towel was very dirty and needed to be washed and replaced.
- The milk was out of date and should have been thrown away.
- The cat was in the kitchen near the food preparation area, and should not have been there.
- Raw fish and vegetables were being prepared on the same chopping board.
- The muddy boots on the worktop could cause germs to enter the food and should have been removed before preparing food.
- The chicken in the fridge was not covered and not stored at the bottom of the fridge. Raw juices are dripping on other food.

### How to stop the hazards:

- Dishcloths and tea towels need to be changed or washed regularly to prevent the spread of germs.
- 'Use by' dates are found on perishable food such as dairy products, meat and fish. Scientific testing is done to find out how long these foods will stay safe. After the 'use by' date, food could be unsafe to eat even if it looks and smells fine.
- Animals are part of the family, but food poisoning bugs can be passed onto you when you stroke your pet. Always wash your hands after coming into contact with pets.
- Always use a chopping board when preparing food in the kitchen. Wash the board with hot, soapy water between uses. This is especially important if you're switching between preparing raw and ready-to-eat foods. Better still use different boards for raw and ready-to-eat foods.
- Remove clutter from surfaces before you start to cook to make staying cleaner easier.

## WHERE SHOULD THE FOOD GO?



### Did you put the food in the right place?

- Raw fish in a container should be on the bottom shelf.
- Raw poultry in a container should be on the bottom shelf.
- Beans in a container should be on the first or second shelf.
- Eggs should be stored in the door or placed on the first or second shelf if covered.
- Salad and vegetables should be in the covered drawers at the bottom of the fridge.
- Cooked meat should be covered and on the first or second shelf.
- Yoghurts should be covered or unopened and on the first or second shelf.

### Why does the food go there?

- It is very important to store food correctly in the fridge so it is safe.
- Raw meat, fish and poultry should be covered and stored on the bottom shelf of the fridge to avoid raw juices dripping onto other foods and contaminating them.
- All leftover food should be stored in sealed or covered containers.
- Salad or vegetables that won't be cooked should be placed in the covered drawers in the fridge.

We hope you spread the food around so the fridge was not overcrowded.