

Name:

Date:

# Food hygiene and safety and cooking



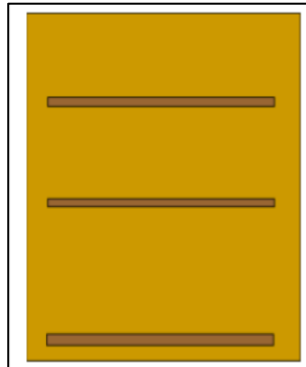
- It is important to store, prepare and cook food hygienically and safely.
- There are a number of basic food skills, which enable a variety of dishes to be made.

Different foods need to be stored differently.



### Cupboard:

Bread; lentils; oil; biscuits/crackers; pasta; dried apricots and canned sardines.

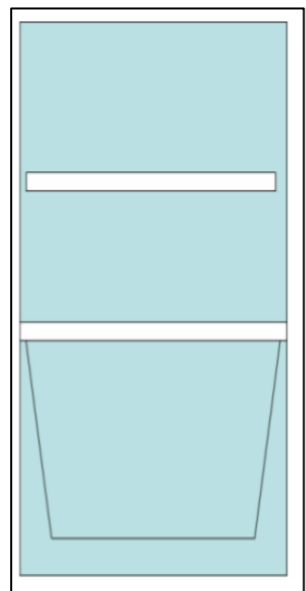


### Fridge:

**Top shelf** – cheese and yogurt.

**Bottom shelf** – beef mince, eggs, uncooked chicken.

**Salad drawer** – lettuce and broccoli.



There are hygiene and safety rules which need to be followed before, during and after cooking.

### Before



### During

When cooking, it is important to ensure that good food hygiene and safety is followed. This will help minimise any risk of food poisoning and reduce accidents.

**Task:** Draw the inside of a cupboard, fridge and freezer. Cut images of food from magazines and stick them in the right place where they would be stored.

### After cooking

- Wash equipment in warm water and washing up liquid and dry it thoroughly.
- Clean down surfaces.
- Put ingredients or food away appropriately, e.g. wrap, seal, refrigerate.

There is a range of basic cooking skills. These include:

- grating.
- juicing;
- peeling;
- snipping (with scissors);
- spooning;
- spreading;
- stirring;
- washing;
- whisking.



Basic cooking skills are required to make a dish.

### Grate



### Mix



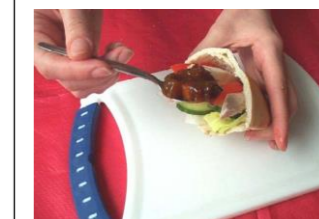
### Peel



### Snip



### Spoon



### Spread



### Thread



### Whisk

