

NAME: .....

# SAFETY AND HYGIENE

## STAGE 5 FOOD TECH

1

What is kitchen hygiene?

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2

List 3 ways of having good personal hygiene in the kitchen.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3

List two reasons why personal hygiene is important in a kitchen setting.

1. \_\_\_\_\_
2. \_\_\_\_\_

4

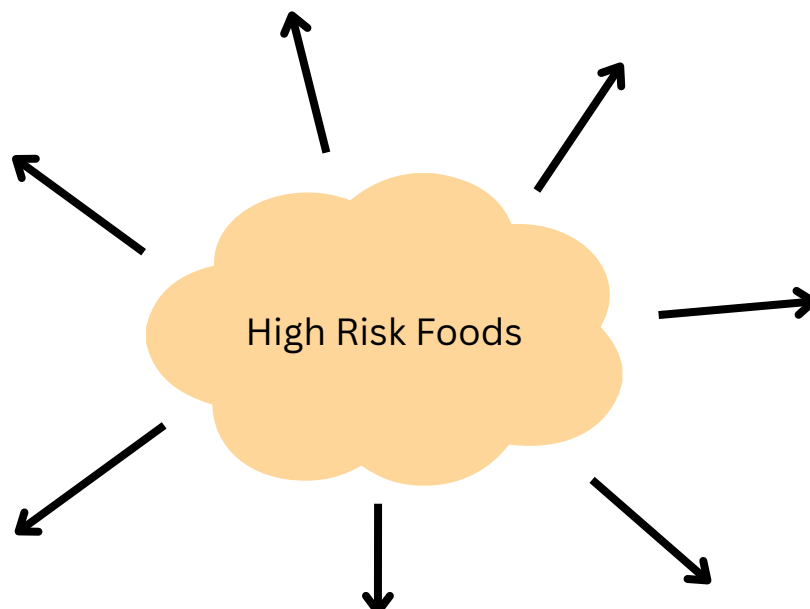
Define cross-contamination and give one example of how it might happen.

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### BRAINSTORM -



5

## FILL IN THE BLANK

frayed – apron – 60°C – burns – FIFO – cross-contamination – knives – scalds

1. The temperature danger zone is between 5°C and \_\_\_\_\_.
2. Wearing a clean \_\_\_\_\_ helps reduce the risk of food contamination from clothes.
3. Using the same cutting board for raw chicken and vegetables can cause \_\_\_\_\_.
4. \_\_\_\_\_ and \_\_\_\_\_ are common injuries caused by hot equipment or boiling liquids.
5. The \_\_\_\_\_ system means using older food first to reduce waste.
6. Always handle \_\_\_\_\_ with care and store them safely.
7. Don't use equipment with \_\_\_\_\_ cords or broken plugs.

6

Using the below diagram of a fridge, correctly label where you would store the produce to ensure optimal safety



### PRODUCE:

Raw meat and poultry  
Packaged foods  
Cheese  
Fruit  
Vegetables  
Seafood  
Cooked meats

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7

## TRUE OR FALSE

1. Raw meat should be stored on the top shelf of the fridge.  
True / False
2. You can leave cooked rice on the bench to cool for hours.  
True / False
3. You should wash your hands after sneezing, even if you're wearing gloves.  
True / False
4. Using the same tongs for raw and cooked food is safe.  
True / False
5. The safest way to clean up broken glass is with a broom and dustpan.  
True / False

8

Match the hazards to the correct avoidance strategy.

### HAZARD

Cuts from knives

Electrical shock

Slip or trip

Cross-contamination

Poor personal hygiene

### HOW TO AVOID IT

Clean spills straight away & wear closed in shoes

Tie back long hair and wash hands regularly

Use dry hands and keep cords away from water

Store raw and cooked food separately

Use the claw grip & never try to catch a knife

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