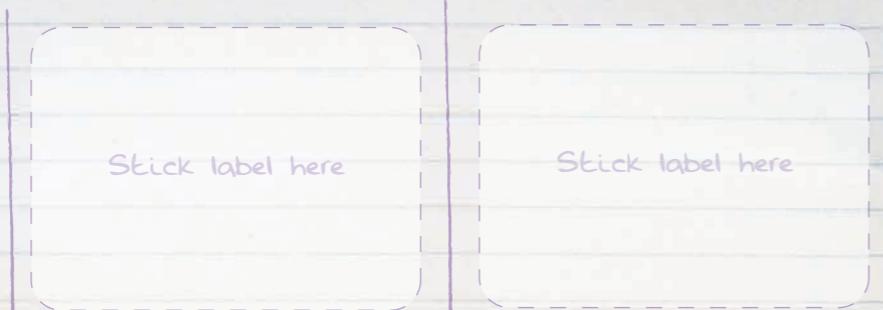


# Using labels

Collect two food labels and explain their storage instructions and date-marks.

Food label



## Storage instructions

Why are these written in this way? What would happen if you didn't store the food as instructed?

## Date-marks

What type of date-mark is given? What would happen if you ate the food after this date?

## I know...

'Best before' means:

'Use by' means:

lettuce, onion), low fat hard cheese (milk, colour beta-carotene), tomato purée, cornflour, lemon juice, salt, white balsamic vinegar, garlic purée, red chilli, parsley, thyme, sage, black pepper, parsley extract, rosemary extract

**ALLERGY ADVICE:** For allergens see ingredients in bold.

**STORAGE:** Keep refrigerated below 5°C. For use by date see front of pack.

VEGETARIAN



MILD

## CHECK!

- I know how to store food safely, and that after cooking food must be left covered to cool down and be refrigerated within 90 minutes.
- I keep the kitchen clean when I prepare and cook food.
- I make sure food is cooked thoroughly and that reheated food is piping hot.
- I use date-mark and storage instructions to keep food safe.
- I know high risk foods have a greater chance of causing food poisoning.

# food route

a journey through food

Name:

# Food safety

## Be safe!

Food safety is important – it ensures that the food you and your friends eat is safe so that you will not get food poisoning. This means storing food safely, being hygienic when you are preparing foods, checking food labels and cooking and reheating foods until they are piping hot!

## Think about ...

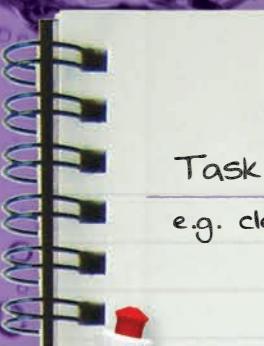
- having good personal hygiene
- keeping the kitchen clean and tidy
- checking date-marks on food
- storing food in the right place
- cooking food until it is piping hot
- which foods have a higher risk of causing food poisoning

change  
4 life  
Eat well Move more Live longer

# Clean 'n' tidy checklist

What have you done to keep the kitchen clean and tidy?  
Fill in the checklist below.

My checklist for keeping the kitchen clean:



# Being safe

stick a picture  
of the dish  
you've made here

stick a picture  
of the dish  
you've made here

stick a picture  
of the dish  
you've made here

Recipe name:

Does the recipe contain  
any high risk foods?

Before cooking, the ingredients  
should be stored:

I know it will be  
cooked when ...

After cooking I know  
it should be stored in ...

Recipe name:

Does the recipe contain  
any high risk foods?

Before cooking, the ingredients  
should be stored:

I know it will be  
cooked when ...

After cooking I know  
it should be stored in ...

## Hot hot hot!

List different ways that  
you can tell a dish is  
cooked properly or reheated  
until it is piping hot.

