

Using labels

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

Food label

Stick label here

Stick label here

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:

herbace, 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.

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?

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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.

