

Read the label

Food labels show you how to store and cook food safely. Write a shopping list and suggest where you should store each food.

My shopping

Foods to be put...

in the freezer

in the fridge

top

middle

bottom

in the cupboard/on the counter-top



rapeseed oil, CONCENTRATED VEGETABLE JUICES (carrot, **celery**, beetroot, spinach, 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

V

CHECK!

- I handle food and cook hygienically and safely at all times.
- I keep ready-to-eat and cooked food separate from raw meat to avoid cross-contamination.
- I store foods correctly, so that they are safe to eat.
- I know when food is cooked, so that it is safe to eat.
- I use food safety information on food labels when I buy, store or eat food.
- I know some types of food poisoning, their symptoms and how to prevent them.

Name: _____

Food safety

Help keep food safe

Food safety is important – you need to store, handle and cook food carefully at all times to make sure what you eat is safe. When preparing raw and cooked foods together, it is important to take care to prevent cross-contamination, including thorough hand washing after handling raw foods.

Before and after cooking, do you think about storing foods carefully in the right place? To know the best ways to store food, and how long it will be good to eat, it is always useful to read date-marks and storage information on food labels.

Knowing when the food is cooked also helps you to enjoy the food, rather than worrying if it is unsafe or not.



change
4 life
Eat well Move more Live longer

Think about ...

- * how to keep safe and hygienic
- * ways to stop cross-contamination
- * reading storage information on food labels
- * food poisoning, its symptoms and how to prevent it



My safety journal

List the actions that you took at each stage of preparing and cooking your dish.

Date:

Date:

Recipe:

Recipe:

Before cooking

Cooking

After cooking
(including storage)



Sources

Symptoms

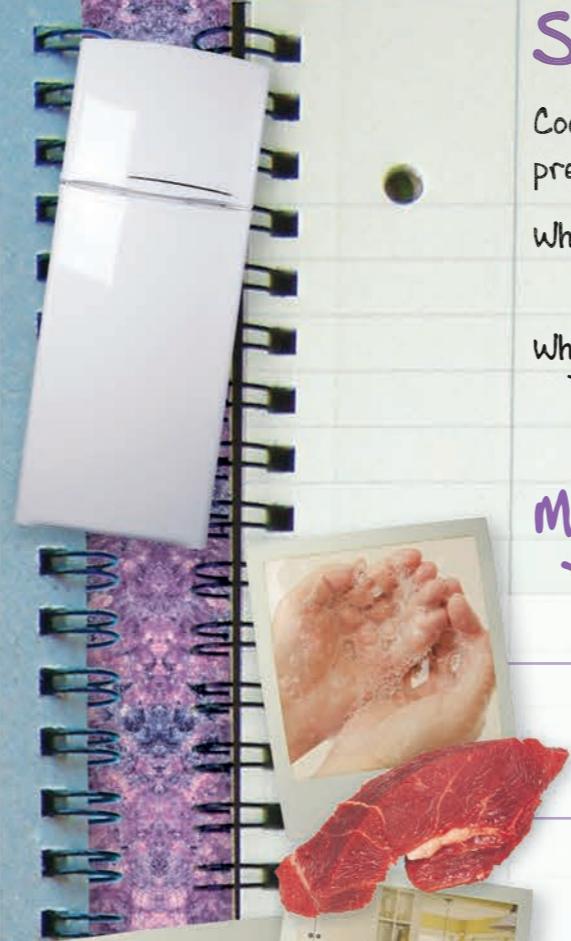
Prevention

Salmonella

Campylobacter

E. coli

B. cereus



Stopping cross-contamination

Cooked and ready-to-eat foods should be kept separate from raw meat to help prevent cross-contamination.

What is cross-contamination?

Why is it important to prevent cross-contamination?

My checklist for preventing cross-contamination

To stop cross-contamination...

Is it ready yet?

List some foods that you like to cook and eat. How do you know when they are ready?

Food	It's cooked and safe to eat when...
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e.g. chicken breast