

Kitchen and Food Safety

The kitchen is one of the most dangerous areas of the house.

Write a set of kitchen rules that could apply to either your own kitchen or your school's home economics room, making sure the kitchen is as safe as possible and reducing the risk of food poisoning.

You may wish to research and include instructions or information about:

- bacteria that cause food poisoning (e.g. E.Coli, Salmonella, Campylobacter)
- food that is more likely to cause food poisoning (e.g. rice and pasta, chicken, dairy foods, eggs, fish)
- the symptoms of food poisoning
- 'use-by' and 'best-before' dates on food
- correct storage of different food products
- thawing and re-freezing foods
- personal hygiene (like hand washing)
- safe ways to buy food
- keeping food preparation surfaces clean (e.g. using disinfectants or using different chopping boards for meat and vegetables)
- storage of poisonous cleaning products and sharp utensils
- safe use of cookers, chip fryers, microwaves, kettles and other hot items
- safe use of sharp utensils (e.g. knives, peelers, scissors)
- safe use of electrical appliances (e.g. microwaves, food processors, hand blenders).

For more information, you could look at **www.food.gov.uk**, the website of the Food Standards Agency, which is an independent Government department protecting people's health and consumer interests relating to food.

Challenge

Take your set of kitchen rules home with you and share it with your family. Discuss how it could be put into practical use (e.g. sort through items in your refrigerator to check that they are still 'in date', check that poisonous substances and sharp utensils are locked carefully away).