

Ten tips for food safety



1. Put away chilled and frozen food in your fridge and freezer as soon as you can.
2. Prepare and store raw and cooked food separately.
3. Keep the coldest part of your fridge at 0—5°C.
4. Check 'use-by' dates.
5. Keep pets away from food, dishes and worktops.
6. Wash your hands thoroughly.
7. Keep the kitchen clean.
8. Vulnerable groups should avoid raw or partially cooked eggs and dishes containing these.
9. Make sure food is fully cooked.
10. Keep hot food hot and cold food cold.



Test your knowledge with the quiz to find out how much you know about food hygiene.

Q1

Which of the three food in the shopping bag need to be put in the fridge as soon as possible?

- a. Loaf of bread
- b. Fish
- c. Cheese

Q2

Which of the three food in the fridge have been stored correctly?

- a. Eggs
- b. Pork chop
- c. Opened tin of beans

Q3

What might make the temperature of a fridge rise?

- a. An open door
- b. An overloaded fridge
- c. Hot food in the fridge

Q4

What should you do with food that has passed its use by date?

- a. Keep it for 2 more days then eat it
- b. Eat it quickly
- c. Throw it away

Q5

Where are pets allowed in the kitchen?

- a. On the table
- b. In the sink
- c. On the floor

Q6

When should you wash your hands?

- a. Before preparing food
- b. After going to the toilet
- c. After touching pets

Q7

How should you clean work surfaces?

- a. With a spring in your step
- b. With a feather duster
- c. With hot water and soap or other detergent

Q8

Which part of an egg can be eaten raw by babies

- a. The shell
- b. The yolk
- c. The white

Q9

How many times can cooked food be rehearsed?

- a. Once
- b. Twice
- c. Three times

Q10

What should you never do with hot and cold food?

- a. Put it in your mouth at the same time
- b. Leave it standing around
- c. Have a food fight

How did you do?

- Q1** **b + c** Chilled food should always be taken straight home, or stored in a cool bag, to prevent it warming up and bacteria multiplying.
- Q2** **a** Eggs should be stored in the fridge. Raw or uncooked food (especially meat and fish) should be kept at the bottom of the fridge in a covered container. Part used tins of food should be emptied into a bowl and covered.
- Q3** **a, b + c** Leaving a fridge door open, placing hot food in a fridge and overloading a fridge allows the temperature to increase, which means not all foods will be properly refrigerated and bacteria will be allowed to multiplied.
- Q4** **c** Even if food looks or smells normal, never use it after its used by date.
- Q5** **c** Pets should be kept away from areas where food may be.
- Q6** **a, b + c** The most important precaution a cook can take is to wash their hands in warm soapy water.
- Q7** **c** Work surfaces as well as dishes should be washed with hot water and detergent using a sponge or cloth which is changed or cleaned regularly.
- Q8** **neither a b or c** Vulnerable groups avoid raw or partially cooked eggs.
- Q9** **a** Cooking food should only be reheated once until it is piping hot. It should not be reheated again and again. When cooking food from a packet make sure you follow the instructions.
- Q10** **b** Leave hot, and cold food standing around allows bacteria to multiply.

To find out how you have done add your score. One point for a correct answer.

- 0—3** **Undercooked:** A significant number of people suffer from food poisoning. Do you want to be one of them?
- 4—7** **Half-baked:** Not bad but there's still room for improvement. Check out those ten tips again.
- 8—10** **Now you're cooking:** Keep up the good work and keep your kitchen bug free.