

SECTION 3 - FOOD SAFETY

Activity Sheet 3—Basic food safety

Test your knowledge of some basic food safety steps that you can take to ensure that your food is safe to eat. Match the beginnings and endings of the following statements to find out what you should and shouldn't do.

- | | | | |
|----|---|---|---|
| 1 | Store raw meat and poultry | A | apart |
| 2 | Always wash hands | B | pecking milk bottle-tops |
| 3 | Cook meat and poultry | C | after their “use by” date |
| 4 | Keep raw and cooked food | D | if there's not enough fridge space to store the food safely |
| 5 | Follow manufacturer's instructions | E | before cooking |
| 6 | Cool warm foods | F | until the juices run clear (and no pink bits remain) |
| 7 | Don't cater for large numbers | G | after going to the loo |
| 8 | Stop birds | H | emptied and disinfected regularly |
| 9 | Keep pets | I | in a cool bag |
| 10 | Kitchens should be | J | kept clean |
| 11 | Defrost meat, poultry and fish thoroughly | K | at the bottom of the fridge |
| 12 | Don't eat packaged foods | L | at all times |
| 13 | Bring chilled foods home | M | off work surfaces |
| 14 | Rubbish bins should be | N | before putting them in the fridge |

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ANSWERS—Activity Sheet 3

Test your knowledge of some basic food safety steps that you can take to ensure that your food is safe to eat. Match the beginnings and endings of the following statements to find out what you should and shouldn't do.

1 K

2 G

3 F

4 A

5 L

6 N

7 D

8 B

9 M

10 J

11 E

12 C

13 I

14 H

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