



Kitchen Food Safety Rules You Must Know

KS4 DESIGN & TECHNOLOGY

Ages 11-14 ⌚ 3 min read

Why Food Safety Matters

Every day, millions of people eat food prepared in kitchens. But kitchens can be dangerous places if you're not careful. **Harmful bacteria** and **germs** can hide on surfaces, in food, and on your hands. If these germs get into your food, they can make you very ill. Following **food safety rules** is how we stop this happening.

Think of it like: Your kitchen is like a castle, and germs are tiny invaders. Food safety rules are the guards that keep them out.

Wash Your Hands Properly

Your hands touch everything. Before you cook, after you touch raw meat, and after you go to the toilet, always wash your hands with **warm soap and water** for at least **20 seconds**. This removes most of the dangerous bacteria that could make people sick.

Keep Raw and Cooked Food Apart

Raw meat, fish, and eggs contain bacteria that die when cooked. But if raw food touches ready-to-eat food like salad or bread, those bacteria can spread. Use different **chopping boards** and **utensils** for raw and cooked foods. Store raw meat on the bottom shelf of the fridge so it can't drip onto other foods.

Think of it like: Raw meat is like a dirty puddle. You don't want that puddle splashing onto clean clothes, do you?

Cook Food to the Right Temperature

Heat kills dangerous bacteria. Different foods need different temperatures to be safe. Chicken must reach **75°C inside**, and beef must reach **63°C**. Use a **food thermometer** to check. If you're not sure, cook it longer rather than shorter.

Store Food Correctly

Keep hot food hot and cold food cold. Foods that can spoil quickly, like meat and dairy, belong in the **fridge** at **4°C or colder**. Don't leave cooked food sitting out for more than **2 hours**. Bacteria love warm, moist places and will multiply rapidly.

Keep Your Kitchen Clean

Wipe down **work surfaces, chopping boards**, and utensils with hot soapy water or **antibacterial spray** after handling raw food. Wash your **tea towels** regularly. A clean kitchen is a safe kitchen.

Think of it like: Germs are like dust. If you don't clean, more and more dust builds up and makes you sneeze.