



# The Food Hygiene 4Cs

## Activity Book

1. Cleaning - wash hands properly and keep them clean
2. Cross contamination - avoid cross contamination
3. Cooking - cook food properly
4. Chilling - chill food properly



Food  
Standards  
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## Complete the quiz and see how much you know about food hygiene

**1. Which is currently the most common type of food poisoning?**

A: E.coli    B: Salmonella    C: Campylobactor    D: Listeria

**2. Where in the fridge would you store cooked meat?**

A: Top shelf    B: Middle shelf    C: Bottom shelf    D: In the door

**3. What is the recommended temperature for a fridge?**

A: 1-10°C    B: Below 12°C    C : Below 5°C    D: Below 15°C

**4. Where in the fridge would you store uncooked bacon?**

A: Top shelf            B: Middle shelf

C: Bottom shelf    D: In the door

**5. What type of food could pose a salmonella risk?**

A: Toast    B: Poultry    C : Chips    D: Fruit

**6. Which yoghurt should you eat first?**

A: Use by 26 November    B: Use by 10 November

C: Use by 11 November    D: Use by 20 November

**7. Bacteria are too small to see with the naked eye.**

A: True    B: False

**8. What does bacteria need to assist it to grow?**

A: Warmth    B: Food    C: Time    D: All of these

**9. What is the recommended temperature for a freezer?**

A: 8°C    B: -10°C    C: 0°C    D: -18°C

Answers can be found on page 11



## Top tips for barbecue and outdoor eating

- Wash hands thoroughly before preparing food and after touching raw meat.
- Defrost meat and poultry before cooking.
- To avoid cross contamination store, cook and prepare raw meats, particularly chicken, separately from other foods.
- Always use, where possible, separate utensils for raw and cooked meat.
- Cook all meat and meat products until they are steaming hot and the juices run clear.
- Turn food regularly as it cooks to avoid burning on one side and under cooking on the other.
- Never part-cook food on the barbecue and finish cooking later
- Keep marinating meat and poultry in the fridge. Don't re-use the marinade.
- Keep food out of the fridge for the shortest time possible.
- Keep hot foods hot and cold foods cold -don't leave them standing around.
- Clean work surfaces and utensils before, during and after use.
- Keep pets away from food, dishes and preparation surfaces.



# True or False?

1. TRUE OR FALSE:

You can reheat leftovers as many times as you like.

2. TRUE OR FALSE:

If something is cooked on the outside it will definitely be cooked on the inside.

3. TRUE OR FALSE:

You only need to wash hands and clean kitchen surfaces when they look dirty.

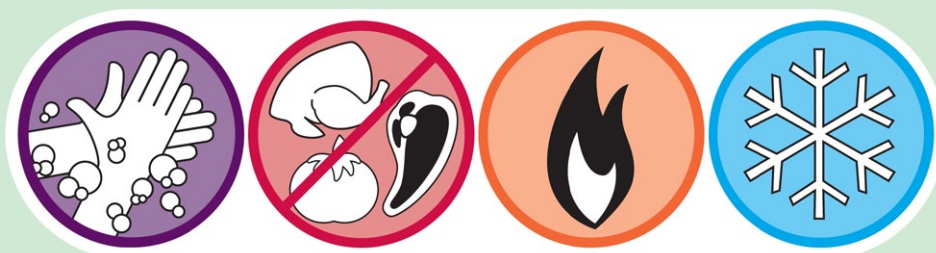
4. TRUE OR FALSE

Raw meat should be stored at the top of the fridge.

5. TRUE OR FALSE

You should wash chicken and other poultry before cooking.

Answers can be found on page 11



Draw an arrow from the food to the shelf where you think the food should be stored in the fridge. Draw a circle around the foods that should be covered. Answers can be found on page 11.

**BUTTER**

**APPLES**

**CARROTS**

**RAW FISH**

**EGGS**

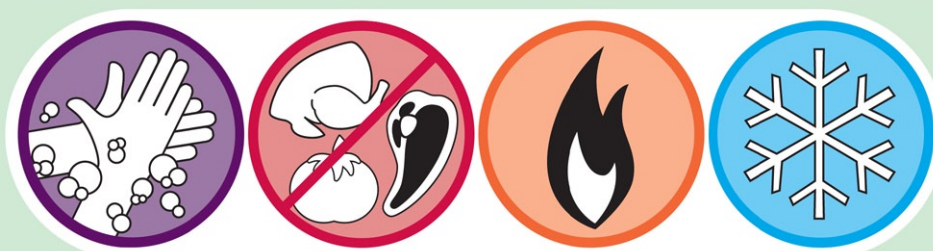
**RAW CHICKEN**

**COOKED HAM**

**ONIONS**

**CHEESE**

**MILK**



# Food hygiene:

Grubeye is the star of the 'GermWatch' campaign. He revels in poor food hygiene and delights in the misfortune of those at risk of food poisoning. Nothing makes Grubeye happier than when people spread germs – maybe you forgot to wash your hands before preparing food, or perhaps you used the same chopping board for raw meat and food that was ready to eat.

Find and circle the words in the attached grid.

**BACTERIA      CHILLING      CLEANING      COOKING**  
**DRIP          FOOD          FRIDGE          GERMS**  
**GERMWATCH      GRUBEYE      HANDS      KITCHEN**  
**MEAT          POISONING      RAW          WASHING**



A	G	U	B	A	C	T	E	R	I	A
C	V	E	G	N	I	N	A	E	L	C
H	P	G	R	U	B	E	Y	E	O	M
I	W	D	A	M	S	Y	M	E	A	T
L	F	U	W	S	W	D	R	I	C	K
L	H	O	Q	M	A	A	N	U	T	I
I	P	R	O	T	S	M	T	A	Y	T
N	A	D	M	D	H	B	A	C	H	C
G	E	R	M	S	I	P	A	S	H	H
C	O	O	K	I	N	G	F	X	L	E
D	R	I	P	E	G	D	I	R	F	N
P	A	G	N	I	N	O	S	I	O	P



Good hygiene in the kitchen is important to prevent food poisoning. In this kitchen there are a number of examples that could cause food poisoning - circle all those you can spot.



Food poisoning: acute illness caused by eating contaminated or poisonous food.

In the grid below see if you can find 4 groups of people who should be careful to avoid food poisoning there are also 7 symptoms of food poisoning.

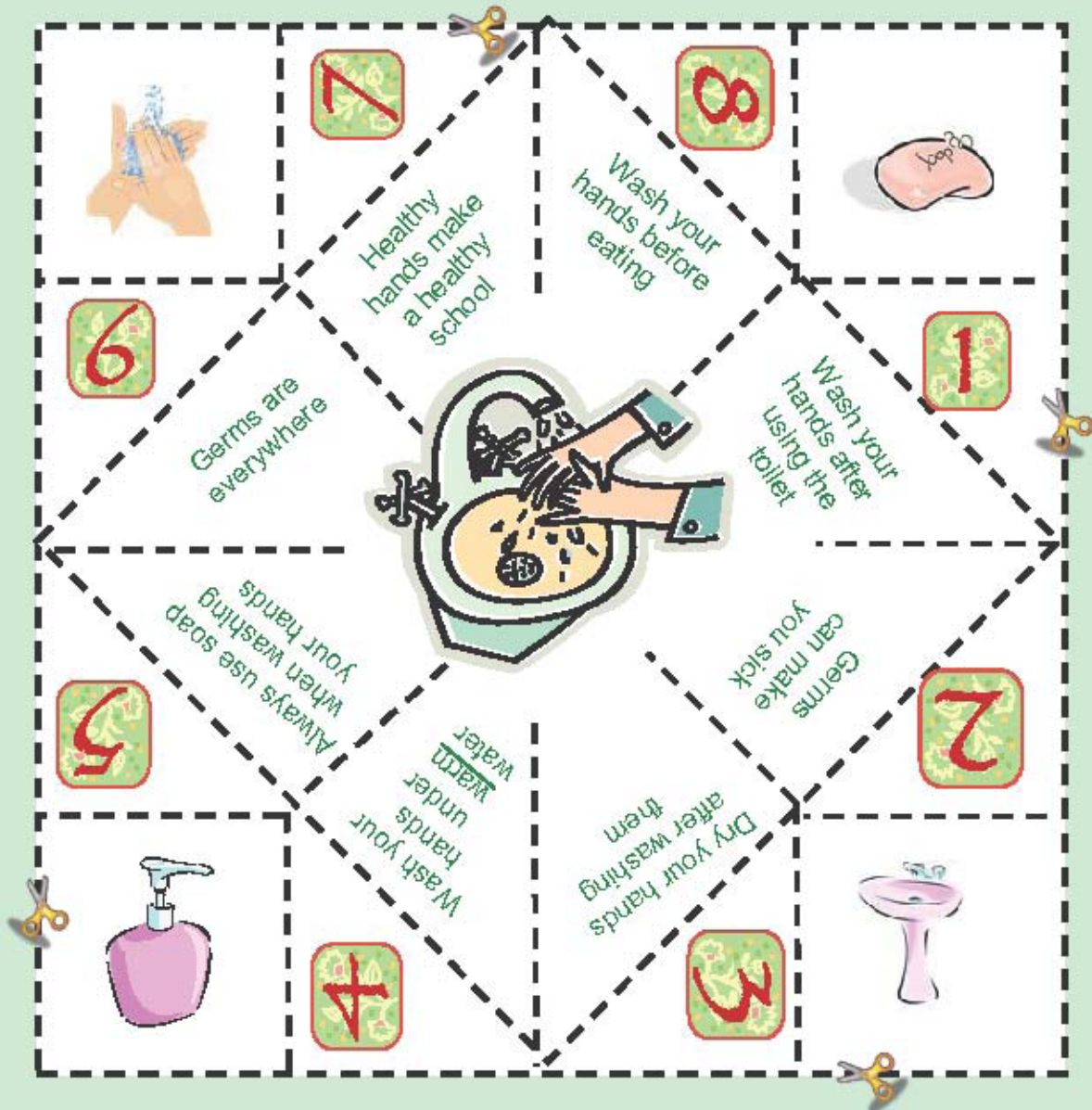
**ABDOMINAL PAIN    CHILDREN    COLLAPSE    DIARRHOEA**  
**DEHYDRATION    ELDERLY    FEVER    ILL PEOPLE    NAUSEA**  
**PREGNANT WOMEN    VOMITING**

I	D	P	N	M	P	M	E	O	P	A	T	N
N	E	M	O	W	T	N	A	N	G	E	R	P
T	H	V	I	N	R	A	S	V	L	O	L	S
S	Y	R	L	L	A	F	N	L	S	H	D	N
I	D	P	L	R	E	U	P	E	R	R	E	C
H	R	R	P	V	R	E	S	W	D	R	I	C
T	A	P	E	E	O	P	N	E	D	A	L	E
R	T	R	O	A	A	M	E	L	A	I	L	G
N	I	A	P	L	A	N	I	M	O	D	B	A
P	O	I	L	E	E	H	I	T	E	L	E	O
I	N	O	E	A	C	G	D	R	I	O	H	L
A	C	P	R	L	R	N	L	D	E	N	N	O
R	A	U	P	A	N	Y	E	N	I	M	G	I





Cut out and follow the instructions on page 11.



Word association: place the missing words below into the grid. Take the first letter from each word to spell out a cause of food poisoning. Answers can be found on page 11.

ALMOND TOFFEE APPLE BREAD  
CHICKEN ICE EGG ROAST

GINGER \_\_\_\_\_ PUDDING

BAKED \_\_\_\_\_ PIE

ROAST \_\_\_\_\_ SOUP

STICKY \_\_\_\_\_ APPLE

SCOTCH \_\_\_\_\_ MAYONNAISE

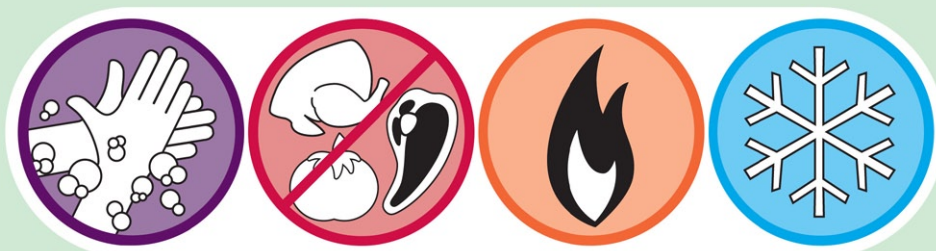
SUNDAY \_\_\_\_\_ BEEF

CHOC \_\_\_\_\_ CREAM

SUGARED \_\_\_\_\_ SLICE



The cause of food poisoning is: \_\_\_\_\_



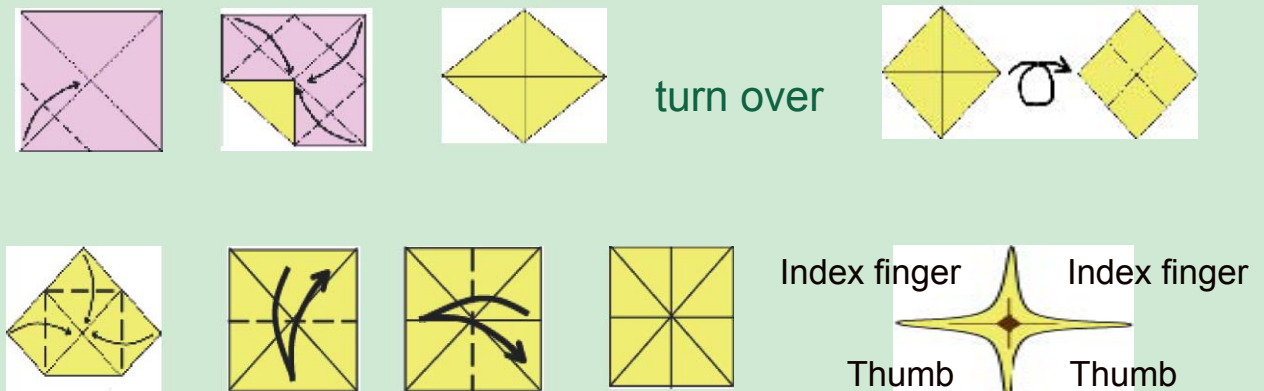
# Answers:

Page 2: 1 = C, 2 = A, 3 = C, 4 = C, 5 = B, 6 = B, 7 = A, 8 = D, 9 = D

Page 4: 1 = FALSE, 2 = FALSE, 3 = FALSE, 4 = FALSE, 5 = FALSE



Page 9: cut and fold out game as set out below:



Fold paper from corner to corner, making a triangle. Fold the triangle from corner to corner, making a smaller triangle. Unfold everything to reveal X crease.

Fold each corner to the centre of the square, ending up with a smaller square. Turn the square over. Folder the corners to the centre of the square again. Fold into squares and press hard.

Unfold the square to make a rectangle and thread your thumbs and index fingers underneath the folds. You will be able to move the flaps with your fingers like little puppets.

Page 10: Bacteria