

This week in school we have been looking at Food Safety. For homework this week you have a choice. You can either complete the tasks below or you can send us a photo at [admin.bowmandale@northlincs.gov.uk](mailto:admin.bowmandale@northlincs.gov.uk) of you preparing some food at home in your kitchen thinking about how to safely prepare and cook. Or alternatively you could do both! The choice is yours. Please remember to ask your Grown-up for permission before doing any cooking or food preparation.

Have a lovely weekend

Mrs French, Mrs Dent and Miss Hall

**What do you need to do before and after cooking?** (Draw a line to match the task with when it needs to be done)

Make sure the cooking area is tidy and clean

Remove jewellery

Wash hands

Put ingredients or food away, for example in a fridge

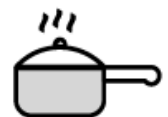
Put on an apron

Tie back long hair

Clean down surfaces

Wash equipment in warm water and washing up liquid and dry it well

Before Cooking



After Cooking

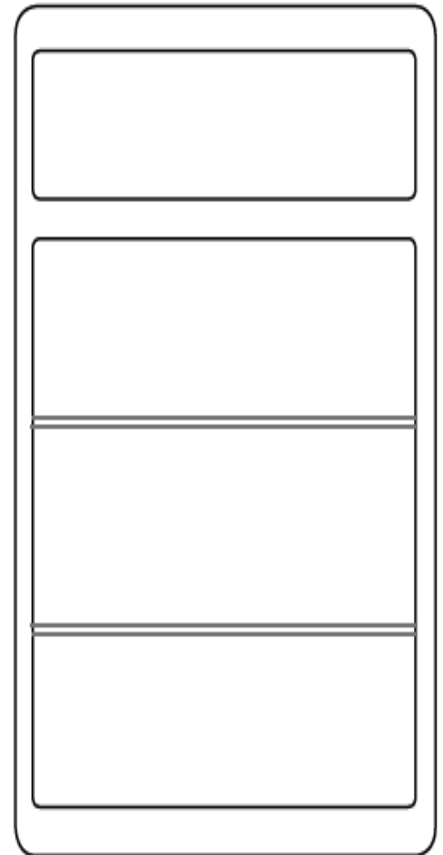
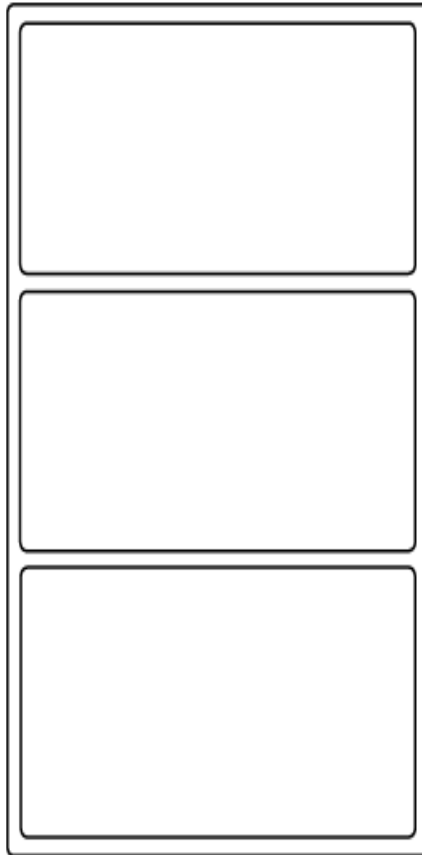


Where should I store my Food? (Write the foods from the list in the place where they should be stored)

CUPBOARD

FRIDGE

- Yogurt
- Lentils
- Onion
- Milk
- Pasta
- Chicken
- Cheese
- Bread
- Eggs
- Dried apricots
- Salmon
- Canned sardines



If something you are cooking falls on the floor, do you know what to do?



Pick it up and cook

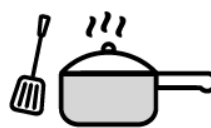


Throw it away

If you cough when you are cooking, do you know what to do?



Wash your hands



Continue to cook