

Being Safe in the Kitchen

Primary

Home Learning Activity

Introduction

Cooking with your kids can be a great way to enjoy some family time and learn some new skills. Cooking involves numeracy, literacy, science and a range of other subject content like history and geography.

It is important that our home kitchen is a safe and hygienic place to work. Ensure children are well supervised and that equipment is used safely, and all food items are stored and prepared correctly.

The four C's below provide an overview of some simple rules to follow to keep your food safe.

The four C's of food safety

Clean

- Wash hands for 20 seconds with warm soapy water and dry them before starting to cook. Repeat after handling raw meats or poultry.
- Wash and dry chopping boards, utensils and work surfaces after preparing raw meats and poultry.

Cook

- Cook poultry, hamburger, minced and stuffed meats and sausages until juices run clear.
- Defrost frozen poultry, minced, rolled and stuffed meats thoroughly before cooking.
- Always follow cooking instructions on packaged foods.
- Reheat foods to steaming hot all the way through before eating.
- Cooked foods (including vegetables and rice) should never be reheated more than once.
- Keep hot foods steaming hot at or above 60°C.

Chill

- Keep your fridge at 5°C and your freezer at -15°C.
- Keep cooked and perishable foods in the refrigerator.
- Refrigerate hot foods as soon as they stop steaming.
- Refrigerate leftovers promptly.
- Defrost food in the fridge, not on the sink or bench.
- Cook foods defrosted in a microwave immediately.

Cover

- Keep raw meat and poultry from touching other food.
- Keep raw meat and poultry in the bottom of the fridge or in a sealed container to prevent drip onto other food.
- Keep food in pantry covered to prevent contamination by chemicals, molds, bacteria, foreign objects, insects and animals.

Activity

1. Children can colour-in the Messy Kitchen image.
2. Then identify all the unsafe things in the kitchen and circle them.
3. Write a set of 'Being Safe in the Kitchen Rules' that children must follow when cooking at home.

Messy Kitchen

Colour-in the Messy Kitchen and circle all the unsafe or unhygienic things you find.



Kitchen Rules

With your family write a set of kitchen rules for when you are working in the kitchen.

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