

## **Handout: Food and Kitchen Safety Education**

Please fill in after each topic has been discussed to help you remember the things you've learnt today.

### Topic One: Kitchen Hazards

1. Where are some potential dangers in the kitchen?
  
2. What resources might help?

### Topic Two: Food Poisoning

1. What is the most common cause of food poisoning?
  
2. What are some symptoms of food poisoning?
  
3. How do bacteria get in food to make people sick?
  
4. What factors help bacteria grow?

### Topic Three: Minimising the risk

1. What are the 5 key food safety messages?
  
  
  
  
  
  
  
  
  
  
2. Which ones relate to the temperature and time danger zone?

3. Which ones relate to cross-contamination?
  
4. Briefly describe, in your own words, how you can be “food-safe” in your own home.

Topic Four: Activities

1. Kitchen safety: What are some potential dangers?
  
2. Shopping: What are the key food safety issues to do with shopping?

3. Food Storage:  
Which foods should be stored in each location?

- Pantry:
  
  
  
  
  
  
  
  
  
  
- Fruit bowl:
  
  
  
  
  
  
  
  
  
  
- Fridge:
  
  
  
  
  
  
  
  
  
  
- Freezer:

What resources are appropriate to assist you in describing this?

4. School Lunches:

What are the key food safety concepts to consider when packing a lunchbox?

What are some ways of keeping the lunchbox 'safer'?

5. Home food preparation:

What are all the food safety issues in cooking a meat and vegetable stew, served with rice, to be followed by a fruit salad?

6. Leftovers:

How should leftovers be stored to maintain their safety?

7. Picnics and barbeques:

What food safety issues need to be considered?