

Watch the Bad Food Live video on youtube. Use it to help you complete the worksheet.  
<https://www.youtube.com/watch?v=mhpJnH32lgQ>



FOOD  
STANDARDS  
AGENCY

## FOOD SAFETY ERRORS

Here is a list of all the food safety rules the Bad Food Live! chefs forgot.

Copy out the sentences and fill in the missing words from the box at the bottom of the page.

1. Never leave a fridge door open. It allows the fridge and the food to warm up, encouraging the growth of \_\_\_\_\_.
2. Dirty hands and nails spread bacteria. You should always wash your hands with warm \_\_\_\_\_ water before handling food, and especially after using the toilet.
3. Lots of food, like fresh meat, needs chilling to keep it safe. It should be taken straight home to the \_\_\_\_\_.
4. Store raw meat in sealed containers on the \_\_\_\_\_ shelf of the fridge. It stops it dripping onto other food.
5. Keep surfaces clean using hot soapy \_\_\_\_\_, and a sponge or cloth that is changed or cleaned regularly.
6. Always make sure kitchen utensils are \_\_\_\_\_ properly before you use them.
7. 'Use by' dates are there for safety reasons. Never use food after its 'Use by' date, even if it looks or \_\_\_\_\_ normal.
8. To avoid the spread of bacteria, don't prepare other foods on a chopping board you have used for \_\_\_\_\_ meat without cleaning it thoroughly first.
9. It is OK to taste food while it is cooking. But don't \_\_\_\_\_ spoons or other utensils and put them back in the food.
10. All minced meat, like meatballs and \_\_\_\_\_, must be cooked thoroughly. You can \_\_\_\_\_ by cutting them open.

<b>fridge</b>	<b>soapy</b>	<b>smells</b>	<b>bacteria</b>
<b>bottom</b>	<b>lick</b>	<b>check</b>	<b>raw</b>
<b>water</b>	<b>hamburgers</b>	<b>cleaned</b>	

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## Nuggets worksheet

The meat, fish, poultry and other protein foods section of the Eatwell guide provide protein needed for growth and repair of cells. Vegetarians do not eat meat. Circle the foods below that a vegetarian could eat:

Pork	Beef	Nuts	Salmon
Lentils	Beans	Chicken	Egg
Quorn	Soya	Lamb	Milk

Raw meat contains food poisoning bacteria which are destroyed during cooking. It is crucial that this bacteria is not passed onto any salad or bread eaten with nuggets as these are not cooked before eating. This is known as **cross contamination** and is a big cause of food poisoning. Think about what you found out from the Bad Food live video and list 6 rules that would help prevent cross contamination of bacteria from raw meat onto other foods:

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What could these chicken nuggets be eaten with to make a healthy meal, in line with the Eat well guide.

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Find a large image of the Eatwell guide on the internet and label the sections of the guide below.

