Write the Notes in your Notebook or Exercise Book

HFLE

Safe Food

Germs can get onto our food and make us sick. We need to handle food safely. Germs like dirty, wet and warm places. To kill them and stop them from multiplying we need to follow safe food-handling steps:

Clean

A) Wash hands with soap and water before and after eating food, and after going to the toilet or touching anything dirty.

B) Wash dishes and utensils, with soapy water.

C) Rinse fresh fruits and vegetables under running tap water.

Separate

So that bacteria does not move onto other foods: Keep raw meat, seafood and eggs separate in bags and in the fridge.

Cook

Meat, eggs and fish should be cooked thoroughly to kill the germs.

Chill

Cold stops germs from multiplying, so: put foods bought cold quickly into the fridge or freezer.

LIVEWORKSHEETS

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