



WHY IS FOOD SAFETY IMPORTANT?

Keeping food safe helps prevent food poisoning and keeps us healthy. Everyone has a responsibility to handle, prepare and cook food safely and hygienically.



Stops harmful bacteria from spreading



Reduces the risk of food poisoning



Keeps you, others and customers safe



Helps food taste good and be enjoyable

Good food safety is everyone's responsibility!

THE THREE AREAS OF SAFETY AND HYGIENE

Kitchen safety



Being safe with equipment and in the kitchen environment.

- Use equipment correctly
- Keep work areas tidy
- Report hazards
- Follow instructions

Personal hygiene



Keeping yourself clean and safe.

- Wash hands thoroughly
- Wear clean clothes/apron
- Tie hair back
- Do not wear jewellery
- Cover cuts with a blue plaster
- Do not work if you are unwell

Kitchen hygiene



Keeping the kitchen and your workspace clean.

- Clean surfaces before and after use
- Use the correct cleaning products
- Keep raw and ready-to-eat foods separate
- Put rubbish in the correct bins

FOOD POISONING

Food poisoning is caused by harmful bacteria that can contaminate food. These bacteria can make us very unwell.

Common symptoms:

- Stomach pain
- Nausea (feeling sick)
- Vomiting
- Diarrhoea
- High temperature

High risk foods (ideal for bacteria):

- Meat and poultry
- Fish
- Dairy products
- Cooked rice
- Gravy, sauces and soups



Prevent food poisoning by following good hygiene and food safety rules.

CHOPPING BOARD COLOUR CODING

We use different coloured chopping boards to prevent cross-contamination (the spread of bacteria from one food to another).



Red – Raw meat



Blue – Raw fish



Yellow – Cooked meat / chicken



Green – Fruit and vegetables



Brown – Bread and bakery



White – Dairy products



Purple – Allergen foods (e.g. nuts)

Using the correct board helps keep food safe and prevents the spread of harmful bacteria.



KNIFE SKILLS – HOW TO HOLD A KNIFE

The bridge hold



- Hold the knife firmly with your dominant hand.
- Keep your finger and thumb on the handle to control the knife.

The claw grip



- Keep fingers tucked under.
- Use your knuckles to guide the knife.
- Keep fingertips away from the blade.
- Helps you cut safely and evenly.

BASIC CUTTING TECHNIQUES

Baton



- Thick matchstick shape (around 1cm x 1cm x 5cm)
- Often used for chips and roasting.

Julienne



- Thin matchstick shape (around 0.5cm x 0.5cm x 5cm)
- Used in salads, stir-fries and garnishes.

Dice



- Small, even cubes (around 1cm x 1cm)
- Used in soups, stews and sauces.

Practice makes perfect – aim for even pieces!

KITCHEN SAFETY RULES



Use knives correctly and carry them safely.



Wear an apron and tie hair back.



Be careful with hot surfaces and equipment.



Keep floors and work areas clean and dry.



Report any damage or hazards.

TOP TIPS FOR SUCCESS

- ✓ Follow all instructions.
- ✓ Work calmly and safely.
- ✓ Keep your workspace tidy.
- ✓ Use the correct equipment.
- ✓ Prepare ingredients carefully using the bridge hold and claw grip.
- ✓ Check your chopping board is the correct colour.
- ✓ Clean as you go.
- ✓ Be responsible and respectful in the food room.

Safe habits make great food!



CAN YOU REMEMBER?



- 1 Why is food safety important?
- 2 What are the three areas of safety and hygiene?
- 3 What colour chopping board would you use for raw chicken?
- 4 How do you hold a knife safely?
- 5 What is a baton cut?
- 6 What is a julienne cut?
- 7 What is a dice cut?
- 8 Name two ways you can keep yourself clean and safe in the kitchen.
- 9 What are the symptoms of food poisoning?
- 10 Give three kitchen safety rules.

Be safe, be prepared, be proud of your skills!





WHAT IS A HEALTHY, BALANCED DIET?

A healthy, balanced diet gives your body the nutrients and energy it needs to grow, stay healthy and be active.



Eat a variety of foods from all the food groups, in the right amounts!



THE EATWELL GUIDE

The Eatwell Guide shows the proportions of the different food groups we should eat over a day or even a week. You do not need to get the balance right at every meal, but aim for the right balance overall.

A balanced diet helps you get all the nutrients you need!

Beans, pulses, fish, egg, meat and other proteins (About 1/6)

Fruit and vegetables (Just over 1/3)



Potatoes, bread, rice, pasta and other starchy carbohydrates (Just over 1/3)

Dairy and alternatives (About 1/6)

Oil and spreads (in small amounts)

WHY DO WE NEED A BALANCED DIET?



Gives us energy for growth, activity and daily life.



Helps us stay healthy and support our immune system.



Builds and maintains strong bones and teeth.



Helps our brain to work well and improves concentration.



Reduces the risk of diet-related health problems in the future.

Good nutrition helps you to grow, stay healthy and do the things you love!



THE FOOD GROUPS IN MORE DETAIL

FRUIT AND VEGETABLES
(Just over 1/3 of what we eat)

- Aim for at least 5 portions a day.
- Choose a variety of colours.
- Can be fresh, frozen, tinned, dried or juiced.
- Provides vitamins, minerals and fibre.
- Helps keep us healthy.

Fruit juice and smoothies should be limited to 150ml a day (combined).

POTATOES, BREAD, RICE, PASTA
AND OTHER STARCHY CARBOHYDRATES
(Just over 1/3 of what we eat)

- Choose higher fibre or wholegrain varieties (e.g. wholemeal bread, brown rice, wholewheat pasta).
- Leave skins on potatoes where possible.
- Provides energy and is a main source of nutrients.

There are higher fibre versions of white bread and pasta too!

BEANS, PULSES, FISH, EGG, MEAT
AND OTHER PROTEINS
(About 1/6 of what we eat)

- Good source of protein, vitamins and minerals.
- Pulses (beans, lentils, peas) are great alternatives to meat – they're low in fat and high in fibre.
- Choose lean cuts of meat and eat less processed meat (e.g. bacon, sausages, ham).
- Aim for at least 2 portions of fish a week, 1 of which should be oily (e.g. salmon, sardines).

DAIRY AND ALTERNATIVES
(About 1/6 of what we eat)

- Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, especially calcium (keeps bones and teeth healthy).
- Choose lower-fat and lower-sugar options where possible (e.g. semi-skimmed milk, reduced-fat cheese, plain yoghurt).
- There are dairy alternatives such as soya drinks and yoghurts (check they are fortified with calcium).

OIL AND SPREADS
(in small amounts)

- Choose unsaturated oils (e.g. olive, sunflower, rapeseed).
- All types of fat are high in energy so should be eaten in small amounts.
- Used for cooking, baking and spreading.

FOODS HIGH IN FAT, SALT
AND SUGAR
(eat less often and in small amounts)

- Includes chocolate, crisps, sweets, sugary drinks and ice cream.
- Not needed in our diet.
- Enjoy occasionally, in small amounts.

TOP TIPS FOR HEALTHY FOOD CHOICES

- ✓ Eat a variety of foods from all the food groups.
- ✓ Aim for 5 portions of fruit and vegetables a day.
- ✓ Choose higher fibre, wholegrain options.
- ✓ Include some beans, pulses, fish, eggs, meat or other proteins.
- ✓ Choose lower-fat and lower-sugar dairy products.
- ✓ Eat foods high in fat, salt and sugar less often and in small amounts.
- ✓ Drink plenty of water.

Small changes can make a big difference!



HEALTHY SWAPS

Instead of...	Try...
White bread	→ Wholemeal bread
Sugary cereal	→ Wholegrain cereal with less sugar
Crisps	→ Carrot sticks or rice cakes
Chocolate bar	→ A piece of fruit
Fizzy drink	→ Water or sugar-free drink

Swap smart, feel great!



CAN YOU REMEMBER?

- 1 What is the Eatwell Guide?
- 2 Name the five main food groups.
- 3 Which food group should we eat the most of?
- 4 Which food group should we eat the least of?
- 5 How many portions of fruit and vegetables should we aim for each day?
- 6 Give two examples of starchy carbohydrates.
- 7 Name two sources of calcium.
- 8 Why should we limit foods high in fat, salt and sugar?
- 9 Give one healthy swap you could make.

Healthy choices today, happier tomorrows!





WHAT ARE FOOD MILES?

Food miles are the distance food travels from where it is produced to where it is eaten.



Farm/producer



Transport



Shop

Your plate



Some foods travel a few miles.
Others travel thousands of miles!

WHERE DOES OUR FOOD COME FROM?

Many of the foods we eat come from different countries around the world.



Bananas
Costa Rica
(8,600 miles)



Cocoa
Ghana
(3,000 miles)



Tomatoes
Spain
(1,000 miles)

Apples
UK
(50 miles)

The same food can
travel different
distances depending
on where it is grown!

WHY DO FOOD MILES MATTER?



Transporting food can produce carbon emissions which contribute to climate change.



Buying local food can reduce emissions and support local farmers.



Choosing seasonal food often means lower food miles.



Imported foods can be more expensive.

Choosing local and seasonal foods can help look after our environment!



WHAT IS FAIRTRADE?

Fairtrade is a way of trading that gives farmers and workers a fair price for their products, and helps to improve their lives and communities.



Look for the Fairtrade logo on products such as bananas, chocolate, tea, coffee and sugar.

HOW DOES FAIRTRADE HELP?



Fairer pay

Farmers receive a fairer price for their products.



Better working conditions

Supports safe working conditions and workers' rights.



Stronger communities

Extra money (the Fairtrade Premium) can be invested in schools, healthcare and local projects.



A more sustainable future

Helps protect the environment and supports long-term farming practices.

Fairtrade is better for people and the planet!

LOCAL, SEASONAL OR IMPORTED?

Local food



- ✓ Lower food miles
- ✓ Fresher
- ✓ Supports UK farmers
- ✓ Often in season
- ✗ May be more expensive or not available all year

Good for the environment and local communities!

Seasonal food



- ✓ Fresher and tastier
- ✓ Usually cheaper
- ✓ Lower food miles
- ✓ Better for the environment

Seasonal food is naturally ready to harvest at a certain time of year.

Imported food



- ✓ A wider variety of foods all year round
- ✓ Many foods cannot be grown in the UK (e.g. bananas)
- ✗ Higher food miles
- ✗ Greater environmental impact

Some imported foods are still important, especially those we cannot grow here.

EXAMPLE: WHICH WOULD YOU CHOOSE?

Chocolate A – £1.00



- Fairtrade certified
- Cocoa grown in Ghana

Chocolate B – 80p



- ✗ Not Fairtrade certified
- ✗ Cocoa grown in Ghana

Which would you buy and why?

Think about: price | food miles | environment | farmers | health

TOP TIPS FOR MORE SUSTAINABLE CHOICES

- ✓ Choose local and seasonal foods where possible.
- ✓ Look for the Fairtrade logo.
- ✓ Try to reduce food waste.
- ✓ Choose products with less packaging.
- ✓ Be aware of how far your food has travelled.
- ✓ Enjoy a variety of foods from around the world, but think about the impact.

Small changes can make a big difference!



Choose local



Choose seasonal



Look for Fairtrade



Reduce waste

CAN YOU REMEMBER?



- 1 What are food miles?
- 2 Why might food miles be a problem for the environment?
- 3 Give two reasons why buying local food can be a good choice.
- 4 What does the Fairtrade logo mean?
- 5 How does Fairtrade help farmers and workers?
- 6 Which foods do you think are most likely to be imported? Why?
- 7 Give two advantages of choosing seasonal food.
- 8 Give two disadvantages of choosing imported food.
- 9 What could you do to make more sustainable food choices?
- 10 Why is it important to think about people, the planet and your health when choosing food?

Be a Food Hero – choose food that's good for you, others and the planet!





WHY DO WE USE PACKAGING?

Packaging is used to:

- ✓ Protect food from damage.
- ✓ Keep food safe and hygienic.
- ✓ Help to preserve freshness.
- ✓ Give important information.
- ✓ Make it easier to store, transport and sell.
- ✓ Attract customers.

Packaging helps keep food safe, fresh and gives us the information we need to make good choices!



WHAT INFORMATION CAN YOU FIND ON A FOOD LABEL?

Food packaging gives us important information to help us stay safe, healthy and make informed choices.

Product name

Tells us what the food is.

Ingredients list

Shows everything in the product (in order of weight).

Allergen information

Highlights allergens (e.g. in bold).

Weight/volume

Tells us how much is in the pack.



Nutrition information

Shows how much energy and nutrients the food contains.

Date information

Use by – last safe date to eat.
Best before – still safe to eat after this date, but may not be at its best quality.

Storage instructions

Tells us how to keep the food (e.g. in a fridge, cool dry place).

Recycling information

Shows how to dispose of the packaging responsibly.

UNDERSTANDING DATE LABELS

Use by and best before dates are different. It's important to know what they mean.

Use by

- Found on high risk foods (e.g. meat, fish, dairy, ready meals).
- After this date the food may not be safe to eat.
- Do not eat food after the use by date, even if it looks or smells OK.
- Keep refrigerated and follow storage instructions.

Use by
12 APR 2025

Best before

- Found on lower risk foods (e.g. biscuits, pasta, tins).
- The food is still safe to eat after this date, but may not be at its best quality (taste or texture).
- You can usually eat food after the best before date if it looks, smells and tastes fine.

Best before
JUN 2025

When in doubt, throw it out!
Food safety comes first.



NUTRITION LABELS

Nutrition labels show how much energy and nutrients the food contains. They are usually given per 100g and sometimes per serving.

Typical values (per 100g)	
Energy	795kJ / 189kcal
Fat	6.1g
of which saturates	1.1g
Carbohydrate	26.4g
of which sugars	5.1g
Fibre	4.2g
Protein	6.8g
Salt	0.60g

Use the traffic light system to help you choose!



Traffic light colours



High
Try to choose less often



Medium
Choose sometimes

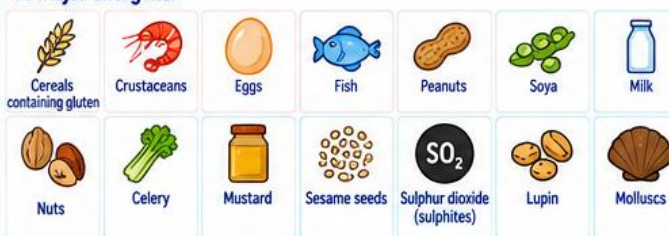


Low
Choose more often

ALLERGEN INFORMATION

Some people have allergies or intolerances to certain foods. Allergens must be clearly highlighted on food labels, usually in **bold** in the ingredients list.

14 major allergens:



FOOD PACKAGING AND THE ENVIRONMENT

Packaging can have a big impact on the environment.



The problems

- Some packaging cannot be recycled.
- Too much packaging creates waste in landfill or oceans.
- Plastic can take hundreds of years to break down.
- Producing packaging can use natural resources and energy.

What can we do?



- ✓ Choose products with less packaging.
- ✓ Look for recyclable or biodegradable materials.
- ✓ Reuse containers where possible.
- ✓ Choose products with recycled materials.
- ✓ Buy local and seasonal foods to reduce transport packaging.



Small changes can make a big difference – choose, reuse, recycle!



DESIGNING EFFECTIVE PACKAGING

Good packaging should:

- ✓ Protect the food.
- ✓ Keep it fresh and safe.
- ✓ Be suitable for the target customer.
- ✓ Include all important information.
- ✓ Be attractive and eye-catching.
- ✓ Be as environmentally friendly as possible.
- ✓ Be the right size – not too much packaging.

Good packaging protects food, people and the planet!



EXAMPLE: STRAWBERRY BREAKFAST BITES

When designing packaging, think about the front and back of the pack.



Front of pack

- Product name
- Brand
- Appealing design
- Suitable image
- Key benefits (e.g. high in fibre)
- Weight

Back of pack

- Ingredients list
- Allergen information (e.g. in bold)
- Nutrition information
- Storage instructions
- Date information
- Recycling information
- Barcode

CAN YOU REMEMBER?



- 1 Why do we use food packaging?
- 2 What is the difference between a use by and best before date?
- 3 Give three pieces of information you can find on a food label.
- 4 Why is allergen information important?
- 5 Name three of the 14 major allergens.
- 6 What do the traffic light colours on nutrition labels mean?
- 7 How can packaging impact the environment?
- 8 Give three ways we can reduce packaging waste.
- 9 What should good packaging include?
- 10 Why is it important to read food labels?

Be a smart consumer – read the label!

