

# Food hygiene, safety and cooking

Buying, storing, preparing and cooking food safely and hygienically are vital for health.

Food can spoil and decay due to the action of microbes, insects and other pests/pets.



## Food spoilage

When food spoils, the following may change:

- appearance;
- taste;
- texture;
- smell.



Food labels provide useful information to the consumer:

### Baby leaf salad

Keep refrigerated.  
Once opened consume within 24 hours and by the 'use by' date shown.

Food needs to be stored properly and within its date mark.

USE BY:

25/08/20

KEEP  
REFRIGERATED

BEST BEFORE:

25/08/21

STORE IN A  
COOL DRY  
PLACE

Good personal hygiene is vital when cooking to avoid the risk of food poisoning.



There are a number of basic food skills which enable you to prepare a variety of simple dishes.

These can include:

- cutting (with a knife);
- grating.
- juicing;
- kneading;
- measuring;
- peeling;
- rolling-out;
- rubbing-in;
- stirring;
- washing;
- weighing.

It is important to take care when using sharp and/or hot equipment so that you don't hurt yourself or someone else.

The bridge hold and claw grip should be used when cutting food to avoid harm.

Bridge hold



Claw grip



Basic cooking skills are required to make a dish.

Grate



Knead



Measure/weigh



Peel



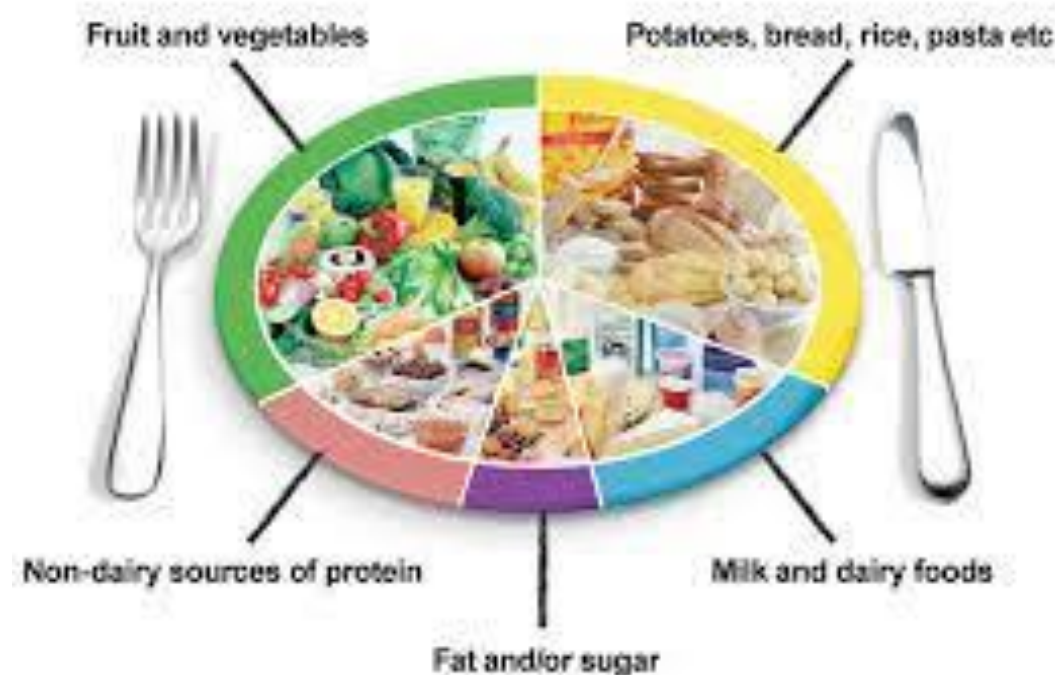
Roll-out



Rub-in



## The eatwell plate





## Where some food comes from

**Cereals** include wheat, oats and barley. Wheat is the most widely grown crop in the UK.

### A year growing wheat

**Autumn:** The farmer ploughs the field and plants the wheat seed.



**Winter:** The wheat grows slowly. It is sprayed to protect it from weeds, pests and diseases.



**Spring:** The wheat grows fast and produces ears of grain.



**Summer:** The grains ripen and are harvested by the combined harvester.



The grain is then dried and stored before being sent to the flour mills.



Some of the grain is used as animal feed for pigs, chickens and cows.

**Fruit and vegetables** grow above and below the ground.

**Apples** are a fruit that grow on trees. They can be bought as fresh, canned, dried, pureed, juiced or frozen.



**Bananas** are a fruit, they grow above the ground in hot climates. They can be eaten raw or cooked.



**Carrots** are a root vegetable that grow under the ground. They can be bought as fresh, canned, juiced or frozen.



**Cauliflower** is a plant that grows above the ground. We eat the flower of the plant. They can be bought fresh or frozen and eaten raw or cooked.



**Celery** is a plant that grows above the ground. We eat the stem or stalk of the plant. Celery can be eaten raw or cooked.



**Onions** are a plant that grow under the ground. We eat the bulb of the plant. They can be bought fresh, frozen or dried and are eaten in many dishes.



**Potatoes** are a tuber. They grow under the ground.

### Stages of growing potatoes

A **destoner** gets the field ready for planting.



Seed potatoes are **chitted** before being **planted** into warm soil in April time.



As the potatoes grow they are '**earthed up**' to protect them from the frost and diseases.



When they are ready the **harvester** lifts and separates the potatoes from the soil.



Some potatoes are stored to be eaten later in the year. While others are processed into food like frozen chips or crisps and sold in shops, restaurants and supermarkets

Potatoes can be eaten in lots of different ways.



### THE JOURNEY FROM NECTAR TO HONEY

