



Norse



Fresh Ideas Feeding Minds

Big Norfolk Holiday Fun

Kitchen Safety



Always turn the hob and oven off when you have finished cooking.

Do not play around the oven when in use.

Children must always be supervised in a kitchen environment.

Always make sure handles on pots and pans are turned towards the back of the hob.



Wash your hands before and after cooking tasks.



Ensure counter tops and dishes are clean before and after cooking.



Put items away after using them to keep a tidy and safe kitchen.

Keep appliances away from water.



No licking utensils or fingers when cooking.

Sharp knives must be kept out of reach from small children. Adult supervision is required for all children when using kitchen knives.





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Food Hygiene

What do you need to do before and after cooking? (Draw a line to match the task with when it needs to be done).

Make sure the cooking area is clean and tidy

Clean down surfaces

Put the ingredients or food away, for example in a fridge

Put an apron on

Remove jewellery

Wash hands

Wash the equipment in warm water with washing up liquid and dry well.

Tie long hair back

**Before
Cooking**

**After
Cooking**



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Where should I store my food? (Write the foods from the list in the place where you think they should be stored.)

- Yogurt
- Lentils
- Ham
- Milk
- Pasta
- Chicken
- Cheese
- Bread
- Raisins
- Salmon
- Tinned Soup

Cupboard

Fridge

If something you are cooking falls on the floor, do you know what to do?



Pick it up and cook

☐

Bin it

☐

If you cough when you are cooking, do you know what to do?



Wash your hands

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Carry on cooking

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How many hazards can you spot in this kitchen?



Circle all the hazards you can see in this kitchen and write down why they are hazardous below: