

LI : How can we ensure ingredients/food are safe to eat?

Task : To create a guide that explains how to ensure that ingredients/food are safe.

Include information on the following topics :

- Washing fruits and vegetables
- Proper cooking temperatures
- Food storage and handling
- Food expiration dates
- Food allergies

Kane's Food Safety

This is going to be about food safety and why we should wash our hands.

Glossary - Define **6 of these** words and terms

- Foodborne illness
 - Bacteria
 - Pesticide residue
 - Undercooking
 - Overcooking
 - Cross-Contamination
 - Best Before Date
 - Use By Date
 - Allergenic ingredients
 - Food labelling
 - Contamination
 - Hygiene
 - Sanitisation
- Bacteria is germs on people or food, bacteria is in soil as well.

Hygiene is when someone is staying clean like washing.
 - Best-before' dates give you an idea of how long foods will last before they lose quality.

Provide step-by-step instructions on how to
 - *properly wash different types of fruits and vegetables.*
 - *include images or diagrams to demonstrate the washing process.*

Washing Fruits and Vegetables

Explain the importance of washing fruits and vegetables before consuming them.

- *It could have germs leading you maybe getting sick*
- *It could have a worm in it*

Highlight the benefits of washing, such as removing dirt, bacteria, and pesticide residues.

- *Because it will help not making you sick if you don't wash it.*
- *If it does have dirt on it you should wash it so it*

Provide step-by-step instructions on how to properly wash different types of fruits and vegetables.

- *Apples you have to wash by running the water from the tap then put it under and roll it around your hand so the waters covers it*

Include images or diagrams to demonstrate the washing process.



Proper Cooking Temperatures

Discuss the significance of cooking food at the right temperatures to ensure food safety.

Explain the dangers of undercooking and overcooking food.

Use visuals to illustrate the desired cooking temperatures and cooking techniques for various food items.

List different types of food and their respective recommended cooking temperatures. (Use bullet points)

Food Storage and Handling

Provide guidelines for proper food storage and handling to prevent foodborne illnesses.

Explain the importance of storing different food items at the correct temperatures.

Discuss safe practices for handling and preparing food, such as avoiding cross-contamination.

Include tips on organizing the refrigerator and pantry to maintain food freshness.

Food Expiration Dates

Explain the meaning of different types of food expiration dates, such as "best before" and "use by" dates.

Describe how to interpret expiration dates and when it is safe to consume food after the listed date.

Discuss the consequences of consuming expired food and the importance of food safety.

Use visuals to illustrate examples of food products with expiration dates.

Food Allergies

Provide information about common food allergies and their symptoms.

Explain the importance of reading food labels and identifying allergenic ingredients.

Offer tips on how to prevent cross-contamination of allergens during food preparation.

Include images or diagrams to help identify common allergenic foods and their potential sources.

Tricks to Not Get Sick

Make a [Google Drawing](#) showing the 4 tricks to not get sick :

- Clean
- Separate
- Cook
- Chill

Insert it on this page.