

KEEP YOUR HANDS CLEAN

Bacteria can easily transfer from raw foods to hands and contaminate everything you touch.

Wash your hands thoroughly before and after cooking, and throughout food preparation.

Keep your fingernails short and clean.



COOK FOODS TO COMPLETION

Cooking food to the correct temperature is vital for eliminating harmful bacteria like e.coli and salmonella.

Ensure that all food is cooked properly.

Use a food thermometer to check the internal temperature of cooked foods, especially meats.



STORE FOODS SAFELY

Proper food storage is essential to prevent cross-contamination and keeping food safe.

Keep raw foods separate from ready-to-eat foods.

Store dry foods like rice, pasta, flour in sealable containers in cupboards.

Keep your fridge organised and dispose of expired items properly.

Label and date items in the fridge/freezer for easy identification.



CLEAN CHOPPING BOARDS

Food residue left on cutting boards can quickly become a breeding ground for bacteria.

Clean chopping boards immediately after use to prevent bacterial growth and cross-contamination.

Use hot soapy water and scrub the board well.

Dry with a clean cloth or leave to air dry.



MAINTAIN CLEAN BASINS

Kitchen basins are prone to grime and bacteria build-up.

Clean your sink daily with a scrub and suitable cleaner.

Try using a sink strainer to catch food particles and prevent clogging.



REGULARLY CLEAN THE FRIDGE

A clean fridge is essential for food safety. Spills and spoiled food can spread bacteria throughout the fridge.

Clean and organise your fridge on a weekly basis.

Promptly discard expired food.

Remove all items from the fridge, wipe down the surfaces with a mixture of water and vinegar or an antibacterial spray and dry thoroughly.



AVOID CROSS-CONTAMINATION

Cross-contamination can lead to foodborne illness.

To prevent this, use separate cutting boards for different food types like meat, dairy and vegetables.

This can be done by using colour-coded cutting boards.

If possible, designate different areas in the kitchen for different types of foods.

Keep ready-to-eat foods away from raw meats and vegetables.



CLEAN AS YOU GO

Cleaning kitchen countertops
and food equipment after
each use is simple and vital.

Regular cleaning and
sanitising maintains tidiness
and prevents the spread
of harmful bacteria.

Use appropriate cleaning
chemicals and establish
a cleaning schedule.



PROPERLY MANAGE KITCHEN BINS

Regularly changing the kitchen bin is essential for maintaining kitchen hygiene.

Old food residues in the bin can decompose and lead to bacterial growth.

It can cause unpleasant odours and attract pests.

Bin liners make it easier to dispose of rubbish and reduce the risk of leaks or spillage.



KITCHEN HYGIENE MATCHING GAME

Try to match the information
cards with the illustration cards.



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