

**Getting Ready:**  
Scrape any waste food into the bin.

Pile up next to the sink.



**Supplies needed:**



Washing-up liquid



Scouring pad



Dish cloth



Tea-towel

# Doing THE Dishes

**Step 1**

**Fill the sink with hot, soapy water**  
Add soap while water is running. Use hottest water possible.



**Step 2**

**Wash the dishes**

Wash using a dish cloth. Use scourer where food is stuck on. Wash cleanest items first. Replace dirty water with clean.

**Step 3**

**Rinse the dishes**

Run the dishes under clean water to remove and soap. Place them upside down on the draining board to dry.



**Step 4**

**Dry the dishes & put them away**  
Dry the dishes with a clean tea towel. Return them to where they belong. Clean out the sink, removing food debris.

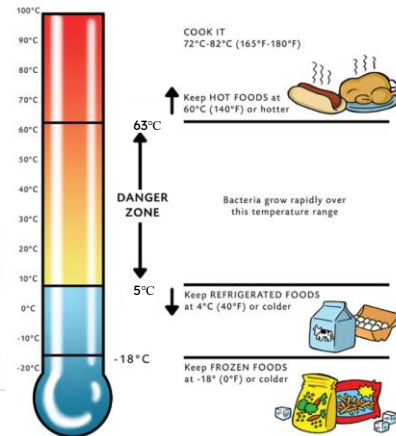


# KNIFE SAFETY

- Select the right knife for the task.
- Keep blades sharpened and handles in good condition.
- Always use a cutting board.
- Cut downwards with firm even pressure, away from the body.
- Clean knives immediately after use.
- Store knives safely in block or rack.
- Never try to catch a falling knife.



## Temperature Danger Zone



# FOOD HYGIENE AND BACTERIA

Bacteria are the most common cause of food poisoning.

Bacteria need **FOUR** things to multiply and grow.



**WARMTH**

Food should be kept above or below the danger zone (5-63°C)



**MOISTURE**

Bacteria need liquid to grow. Dried food has a longer shelf life.



**FOOD**

Bacteria prefer food that is rich in protein and moisture.



**TIME**

Warm conditions help bacteria multiply very quickly.

## HIGH-RISK FOODS



Meat, fish and poultry



Dairy products and eggs



Cooked rice



Seafood, particularly shellfish

## Holding the Knife Correctly



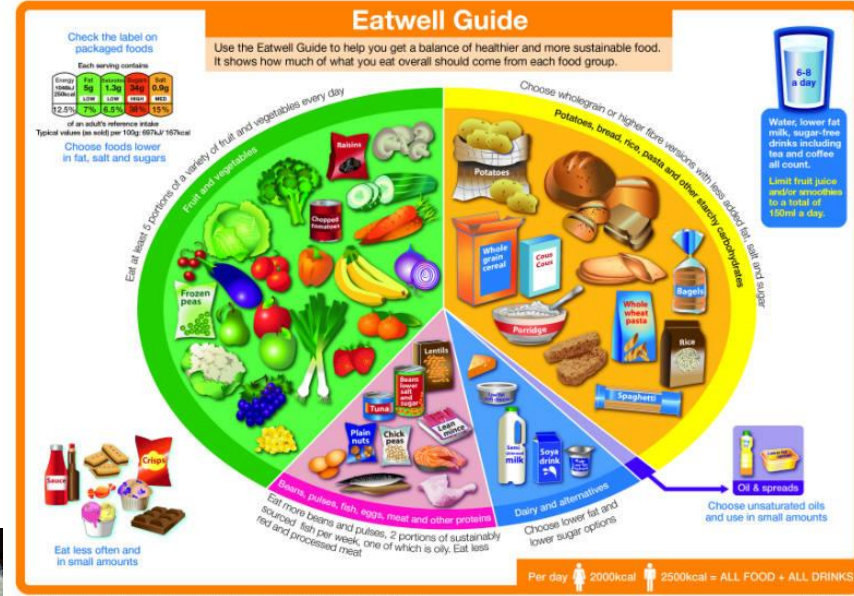
Claw



Bridge



HOW TO DICE AN ONION



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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# Y7 Food Preparation & Nutrition Knowledge Organiser