

KS3

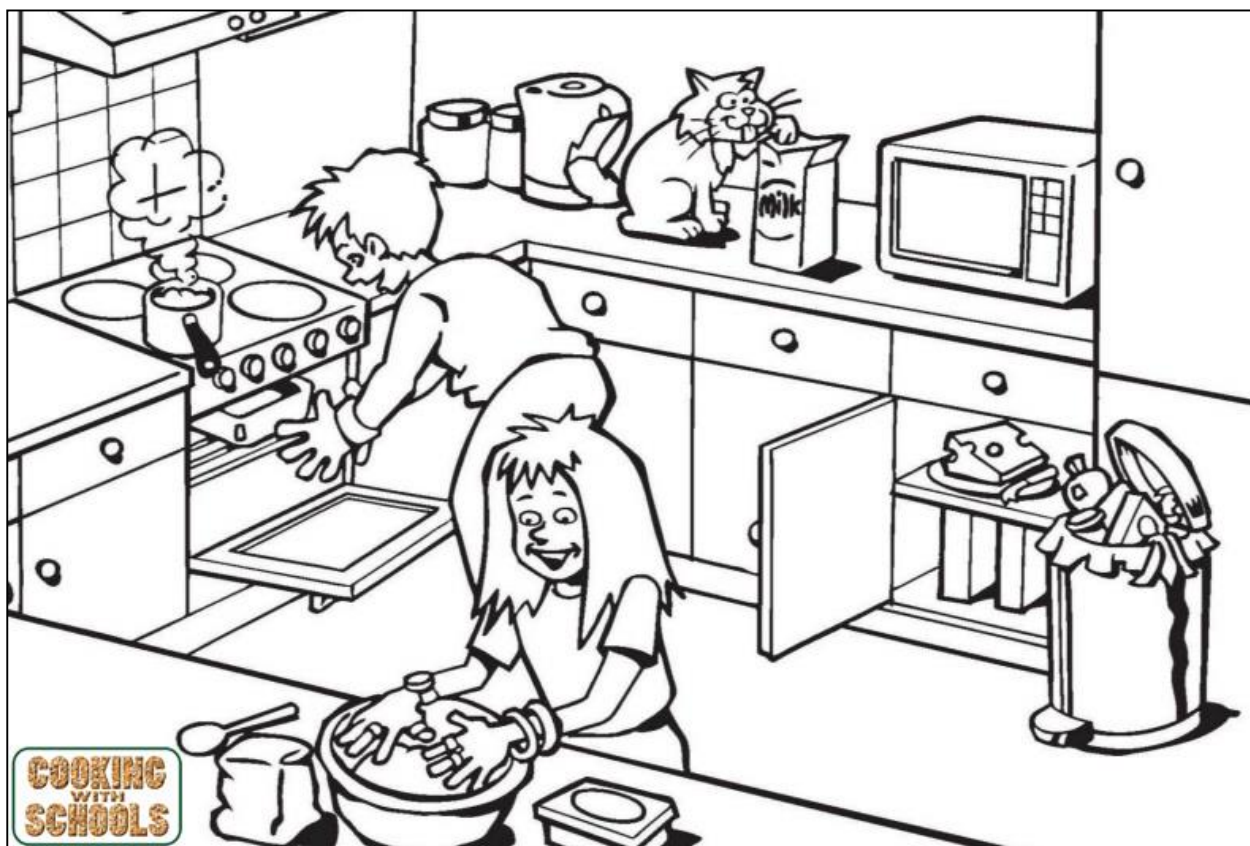
workbook

Pupil name:

Teacher:

Group:

End of year target level:



Complete the following chart with the 5 most important health and safety rules that you think should be followed within the kitchen. Why should these rules be followed?

Health and safety rule	Reason for following this rule

Discuss the procedures that would be followed if an incident happened in the kitchen. Complete the chart below and sign to say that you agree that you would follow the correct procedures:

Incident	Procedure
You burnt yourself	
You cut yourself	
Something set on fire in your area	
You slipped over	
Someone was dangerous in your work area	
You spilt liquid or food on the floor	
You noticed cross contamination happening in your area	
A piece of equipment in your area has been damaged	

I agree that I will follow the above procedures in order to ensure that I work as safely as possible in the kitchen.

Signed: Dated.....

Food hygiene

Target for this lesson	You will learn about what is involved in food hygiene. You will be familiar with the temperatures used to keep food safe. Learn about personal hygiene and the procedures which must be followed in the kitchen.
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Following the discussion about food hygiene, define the following:

Food poisoning

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Cross contamination

--

Bacteria

--

High risk foods



Coloured chopping boards

Can you list what type of food each chopping board is used for?



Red	
Green	
Yellow	
White	
Brown	
Blue	

Exam-style question

Discuss the reasons why different colour chopping boards are used in a catering kitchen.

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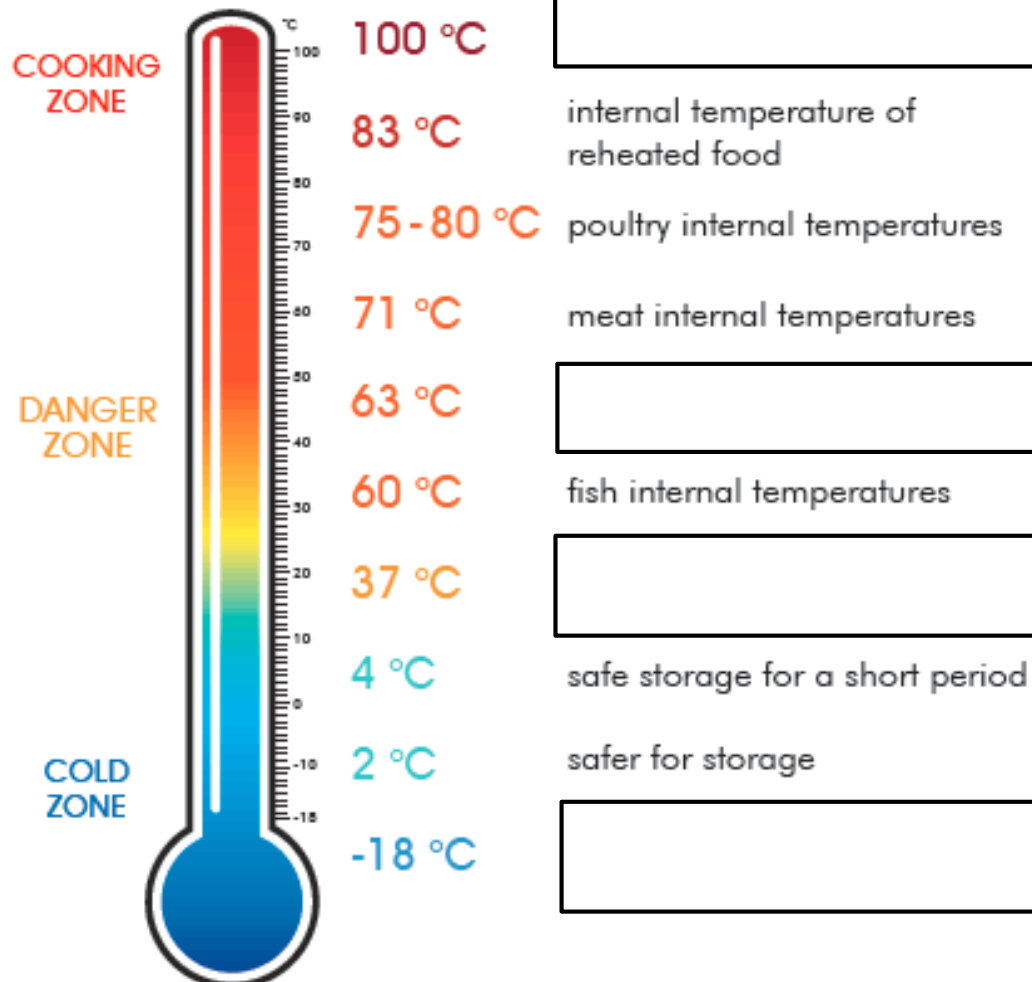
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Mark out of 4	Foundation level
4	4
3	3
2	2
1	1

This thermometer shows how changes in temperature can affect growth of bacteria on food.

Complete the boxes with what happens to bacteria at that temperature.



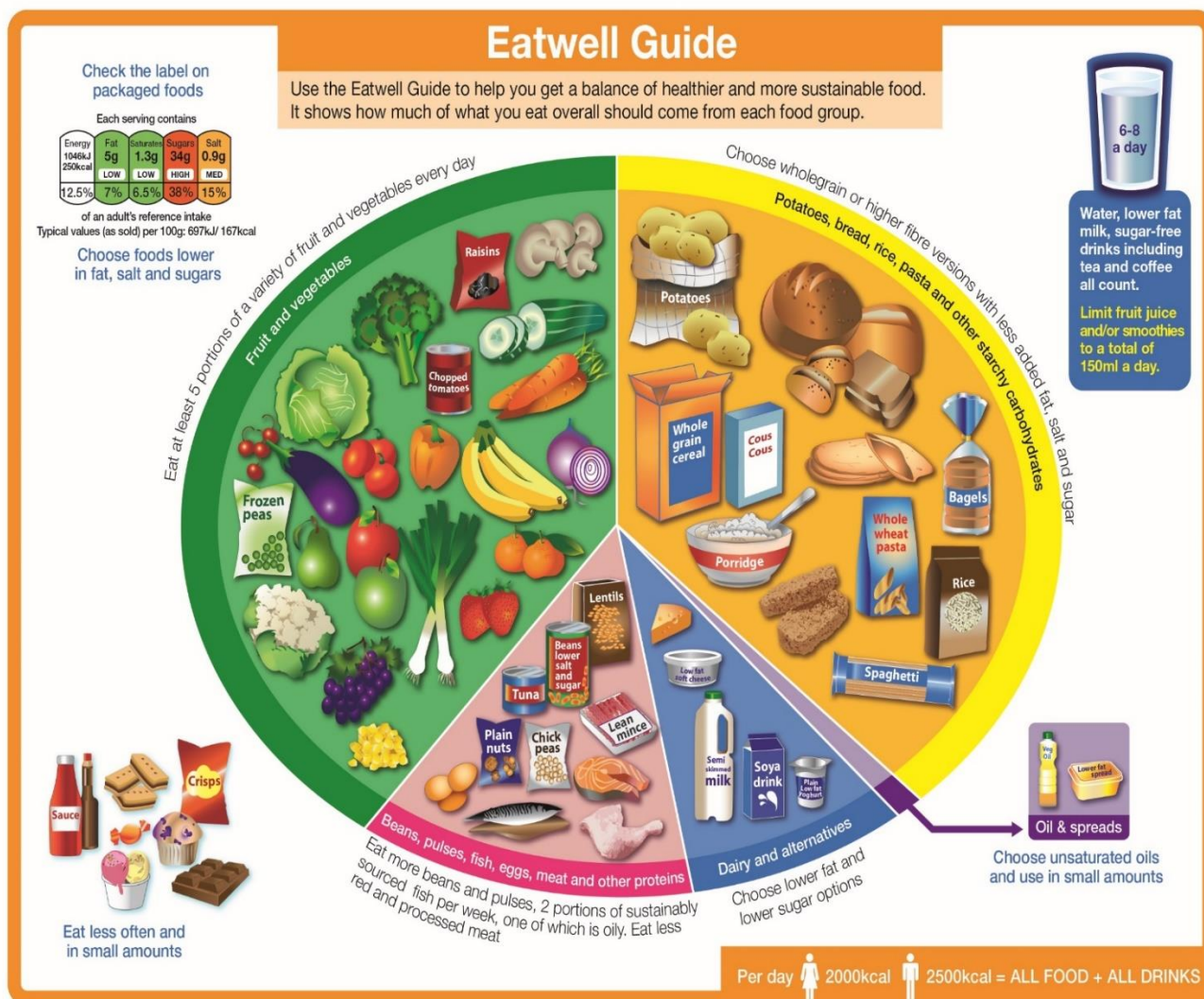
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Introduction to the Eatwell Guide and Healthy Eating

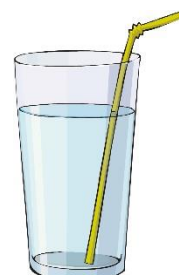
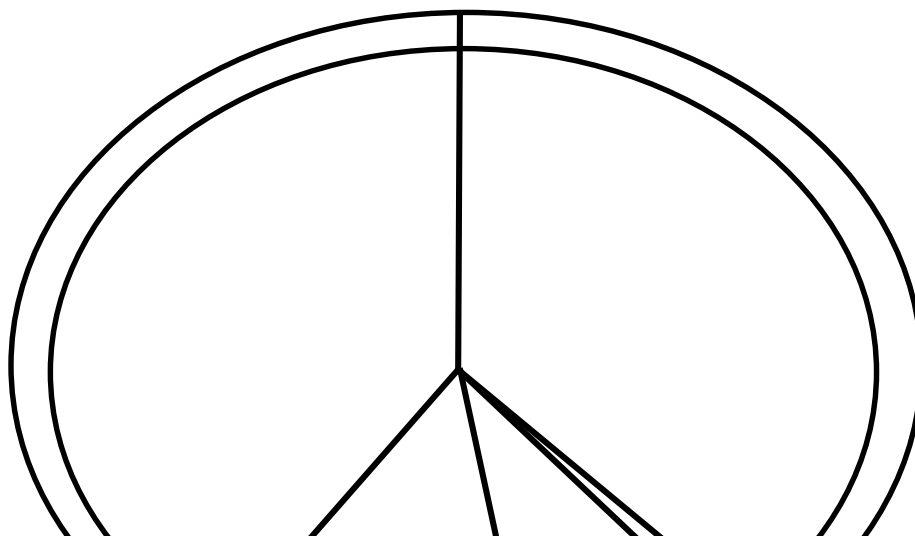
Target for this lesson	Learn about the basic advice on healthy eating and nutrition. Consider how healthily you eat and how your diet could be improved.
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The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You don't need to achieve this balance with every meal but try to get the balance right over a day or even a week.



Use the blank version of the Eatwell guide below to record the foods that you ate yesterday.



- Did you have a healthy, balanced range of food yesterday? Yes / No
Why?

.....
.....

- Which type of food did you eat more of?

.....

- How could you have improved the variety of food that you ate?

.....
.....

- Did you drink enough water?

.....
.....

Rules for Healthy Eating

Record the rules for eating the different types of foods that can be found on the eatwell guide:

Fruit and vegetables:

Eat at least portions of a variety of fruit and vegetables every day

Fruit and vegetables are a good source of,
..... and



Carbohydrates:



5 examples of carbohydrates:

-
-
-
-
-

Choose varieties because they are higher in

Starchy foods are a good source of

Dairy:

5 examples of dairy products:

-
-
-
-
-



Dairy products provide, and

Protein:

Aim to eat at least portions of fish every week.

5 examples of protein products (think of alternatives suitable for vegetarians too):

-
-
-
-
-



Choose lean pieces of meat instead of and meat.

Fat, salt and sugar:

Choose unsaturated oils and spreads and eat in small amounts

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fat are high in energy and should be eaten sparingly.























Eat foods high in fat, salt and sugar less often and in small amounts

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

They're not needed in the diet and so should be eaten less often and in smaller amounts.

Kitchen equipment

Correctly name the equipment below, swap and mark the spellings

What equipment do you think you will use to make a fruit salad next lesson?

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