

Health and safety



Year 6

Health and safety

State 5 different health and safety rules you think you need to follow in the kitchen

- 1)
- 2)
- 3)
- 4)
- 5)

Give three different hygiene rules you need to follow BEFORE you start cooking

- 1)
- 2)
- 3)

Why is it important to wash your hands before (and sometimes during) preparing and cooking food?

What can happen If you do not wash your hands when cooking food?

SPOT THE HAZZARD!



Task: Circle the hazard and explain WHY this is a hazard. What could happen?

Hazard 1: _____

Reason: _____

Hazard 2: _____

Reason: _____

Hazard 3: _____

Reason: _____

Hazard 4: _____

Reason: _____

Hazard 5: _____

Reason: _____

Key words

Keyword	Description	Use it in a sentence...
Slicing		
Peeling		
Chopping		
Dicing		
Grating		
Mashing		
Coring		
Shredding		
Scooping		
Blending		
Skinning		