






Food Hygiene Worksheet

Should these foods have a use-by date or a best before date? (Copy the items from the list into the correct column)

USE-BY DATE

BEST BEFORE DATE

- Milk 
- Canned Beans 
- Dried Fruit
- Frozen Peas 
- Ham
- Cheese 
- Breakfast cereal
- Fresh fish 

You are going to do some cooking in the kitchen! When should you wash your hands? Write down 3 times when you should wash your hands.

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Circle the things you should do before you cook:

Roll up long sleeves



Wash your hands



Wrap up all the food



Wash up the dishes



Remove jewellery



Put all equipment away



Wear an apron



Tie back long hair

