

BTEC Level 1 – Home Cooking skills

1.3 - Demonstrate food safety and hygiene throughout the preparation and cooking process

Food safety and hygiene:

Food storage of raw meat?

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Food labelling what does it tell you about the food you buy?

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Reasons why we should keep raw foods such as fish and meat away from other foods?

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When we have a cut on our finger what colour plaster should we use, and why should we keep cuts covered?

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What should you do with left over foods, where should you store them?.....

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What is the correct technique and way of holding a knife safely?

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