



LEADERS NOTES

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FOOD AND HYGIENE



HOME FIRE SAFETY



LABELS, SIGNS AND SYMBOLS
SAFER INDEPENDENT PEDESTRIANS
WHO CAN HELP



LABELS, SIGNS AND SYMBOLS
COMMUNITY SAFETY
SAFER INDEPENDENT PEDESTRIANS



SOCIAL MEDIA AND THE INTERNET



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COMMUNITY SAFETY



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FOOD & HYGIENE



WE NEED TO BE VERY CAREFUL IN THE WAY WE HANDLE, STORE AND COOK FOOD TO AVOID MAKING OURSELVES ILL

FOOD LABELLING - DATES

The usual dates you will see on the food you buy are 'use by' and 'best before'.

USE BY

You will see 'use by' dates on food that goes off quickly, such as smoked fish, meat products and ready-prepared salads.

Don't use any food or drink after the end of the 'use by' date on the label, even if it looks and smells fine. This is because using it after this date could put your health at risk.

For the 'use by' date to be a valid guide, you must follow storage instructions such as 'keep in a refrigerator'. If you don't follow these instructions, the food will spoil more quickly and you may risk food poisoning.

Once a food with a 'use by' date on it has been opened, you also need to follow any instructions such as 'eat within three days of opening'.

But remember, if the 'use by' date is tomorrow, then you must use the food by the end of tomorrow, even if the label says 'eat within a week of

opening' and you have only opened the food today.

If a food can be frozen its life can be extended beyond the 'use by' date. But make sure you follow any instructions on the pack, such as 'cook from frozen' or 'defrost thoroughly before use and use within 24 hours'.

BEST BEFORE

'Best before' dates appear on a wide range of frozen, dried, tinned and other foods.

'Best before' dates are about quality, not safety. When the date is passed, it doesn't mean that the food will be harmful, but it might begin to lose its flavour and texture.

Cooking eggs until both the white and yolk are solid will kill any bacteria, such as salmonella. People who are in 'at-risk' groups should only eat eggs, or food containing eggs, that have been thoroughly cooked.

These groups include:

- babies and toddlers
- elderly people
- pregnant women
- people who are already unwell

Every year in the UK we throw away 7.2m tonnes of food and drink, most of which could have been eaten. So think carefully before throwing away food past its 'best before' date.

Remember, the 'best before' date will only be accurate if the food is stored according to the instructions on the label, such as 'store in a cool dry place' or 'keep in the fridge once opened'.

STORING FOOD SAFELY

It is important to know how to store food safely in the fridge. One of the most important things to remember is to keep uncooked meat or fish at the bottom of the fridge, as they might drip on food stored underneath them and make other foods unsafe to eat.

FRIDGE STORAGE

Some foods need to be kept in the fridge to help stop bacteria growing. These include foods with a 'use-by' date, cooked foods and ready-to-eat foods, such as desserts and cooked meats.

Here's how to prevent bacteria from growing:

- Keep your fridge temperature at 5°C or below. Most fridges are warmer than you think
- When preparing food, keep it out of the fridge for the shortest time possible
- If you're having a buffet, keep the food refrigerated until you're ready to serve it
- Cool down leftovers as quickly as possible (ideally within 90 minutes), and then store them in the fridge and eat them within two days
- Store eggs in their box in the fridge
- Never put open cans in the fridge, as the metal may transfer to the can's contents – place the contents in a storage container or covered bowl instead.

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STORING MEAT

It's particularly important to store meat safely in the fridge to stop bacteria from spreading and avoid food poisoning.

- Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge, so they can't touch or drip onto other food.
- Follow any storage instructions on the label and don't eat meat after its use-by date.
- Keep cooked meat separate from raw meat.

FOOD ALLERGIES

People with food allergies have to be extremely careful about what they eat. Food labelling is therefore very important to those with food allergies, as there can be potentially serious consequences from eating food that they are allergic to.

Allergens must be emphasised on the label. Food businesses can choose what method they want to use to emphasise these, for example, by listing them in **bold** as shown in the example below.

INGREDIENTS: Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflour, **Wheatflour**, Salt, **Cream**, Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Vegetable Oil (sunflower), Herb and Spice, White Pepper, Parsley.

Other types of emphasis may be used as well, such as *italics* and underlined or **highlighted** words.

It is important to always check the ingredients list for information about allergens.

Fourteen major allergens must be highlighted on the label within the ingredients list. These are:

- **cereals containing gluten**
- **crustaceans**, for example prawns, crabs, lobster and crayfish
- **eggs**
- **fish**
- **peanuts**
- **soybeans**
- **milk**
- **nuts**, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts
- **celery (and celeriac)**
- **mustard**
- **sesame**
- **sulphur dioxide**, which is a preservative found in some dried fruit
- **lupin**
- **molluscs**, for example clams, mussels, whelks, oysters, snails and squid

RESOURCES AND LINKS

NHS Livewell
NHS Change 4 Life
Food Standards Agency



SKILLS4LIFE FOOD & HYGIENE

HOW TO EARN YOUR AWARD

COMPLETE THE QUIZ AND THE 2 ACTIVITIES BELOW

ACTIVITY 1	PLAN AND BUY FOOD TO COOK A MEAL. DEMONSTRATE HYGIENICALLY CLEANING AWAY AND SAFELY STORING UNUSED INGREDIENTS
ACTIVITY 2	LIST ALL FOODS WITH BEST BEFORE/ USE BY DATES AT HOME. TWO WEEKS LATER CHECK IF FOOD IS STORED APPROPRIATELY
ACTIVITY 3	QUIZ

ACTIVITY 3

QUIZ



1. What shelf should you store uncooked meat or fish in the fridge?
2. How many times can you reheat food leftovers?
3. How often should you clean chopping boards and cooking utensils after using them for uncooked meat?
4. Some foods must be kept in the fridge to help stop bacteria growing. These include foods with a 'use by' date on the label. What does 'use by' mean?
5. Is it safe to eat food after the 'best before' date written on the label?
6. Too much salt is not good for our health. What is the maximum daily recommended amount?
7. Should you wash chicken under the tap before you cook it?
8. Major allergens must be listed on food labels. Name 3 allergens you will see on packaging.
9. Should you wash fruit before you eat it?
10. What 'C' is the most common cause of food poisoning in the UK



ACTIVITY 3

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Name: _____

Question	Answer
Question 1	
Question 2	
Question 3	
Question 4	
Question 5	
Question 6	
Question 7	
Question 8	
Question 9	
Question 10	