

Cooking

How to check that meat has been properly cooked. Cut into the middle and make sure no pink meat is left. Always have a separate board and knife just for raw meat.



Mince



Mince



Chicken



Chicken



Burger



Burger



Sausage



Sausage

Ann's kitchen



Cooking

It's important to cook foods at the right temperature and for long enough. Cooking kills the bacteria growing on the food. Bacteria are sometimes called germs or bugs. You can't see bugs but they are there and they can make you ill. This is how Ann cooks food properly and beats the bugs.



Fit to Eat

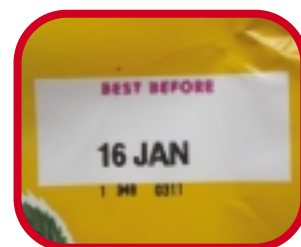
Cooking



A lot of food that comes in packets has very small writing. Use the magnifying glass in your pack to make the writing a size that is easier to read.

Best before

'Best before' dates are for foods which do not go off as quickly. This food tastes best before the date on the packet.



Use by

'Use by' dates are for foods which go off quite quickly. Food past its 'use by' date could make you ill.





Always wash your hands before starting to cook. This stops germs spreading and beats the bugs.



Clean as you go. This stops germs spreading and beats the bugs.



Keep raw and cooked food away from each other at all times. This stops germs spreading and beats the bugs.



Use the magnifying glass to check instructions and cooking times.



It is important to get the cooking time right. If you cook your food for the right amount of time it will be properly cooked and safe to eat.