

Stepping Forward: Cookery

Quiz & fun activity!

RISEHOLME
College



ACTIVITY ONE

Health & Safety and Food Safety Quiz

Health & safety and food safety are both very important when working in the kitchen so here's the opportunity to test your knowledge.

Read each question carefully. Answer **True** or **False** to each statement, then explain why you believe that is the correct answer.

Please research any questions you are unsure about.

Q1.

Food poisoning bacteria grow fastest between 5°C and 63°C.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q2.

The core temperature of a beef burger should be 75°C before it is removed from the grill.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q3.

To put out a chip pan fire you should pour as much water as possible over it.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q4.

If you are in a rush it is safe to throw frozen prawns in a bowl of hot water.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q5.

Food poisoning bacteria cannot be smelled, tasted or seen by the naked eye.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q6.

After washing your hands at work in a restaurant kitchen, you should dry them on the cotton towel used by everyone.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q7.

The temperature of a freezer should be 18°C to 22°C.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q8.

It is safe to eat food after the 'best before' date.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q9.

It is safe to eat food after the 'use by' date.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q10.

If you have a minor burn, putting butter on it will help it to heal.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q11.

If bread has a little bit of mould around the edge it will be safe to eat if you remove the mould.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q12.

When chopping with a sharp knife, it is important to always cut away from the body.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q13.

Always wash raw chicken under a cold running tap before cooking.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q14.

Wooden chopping boards are not hygienic.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q15.

If a piece of delicious cake slips through your fingers and onto the floor, it will still be safe to eat if you don't break the 5 second rule.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q16.

If you have food poison it could be caused by what you ate three days ago.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q17.

Most food poisoning is caused by food from 'dodgy' takeaways.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q18.

It is safe to eat rare steak so long as the outside is cooked.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q19.

It is safe to plug in a wet electric plug.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q20.

When a knife slips out of your hands, you should let it drop to the floor before trying to pick it up.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q21.

Never use a damp tea towel to remove hot items from the oven.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q22.

It is important to clean up any spills in the kitchen as soon as possible.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q23.

You can wear any type of footwear in the kitchen as long as your feet as comfortable.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

Q24.

It is acceptable to wear nail varnish when working in the kitchen.

WRITE YOUR ANSWER HERE:

True / False:
Explain why:

ACTIVITY TWO

Create a Menu

Scenario: As hotels, restaurants and cafes reopen after the Coronavirus shutdown, you are invited to a special meal at a restaurant.

Research

Search for menus online. Read the name of each dish and how it is described to make the customer understand what the food will be like and want to order the dish.

WRITE A LIST MENUS YOU FOUND HERE:

Your Menu

In a word document, please write a menu for this occasion. Your menu needs to include a minimum of **3 starters, 3 main courses and 3 desserts.**

Remember that each dish should have a name and an explanation of what it is.

Make sure your menu is visually appealing and laid out like a menu you would see in a restaurant.

Choices

Write a paragraph to explain your choice of dishes.

WRITE YOUR ANSWER HERE:

Extension Activity (optional!)

Cook one or more of the dishes from your menu, and take a photograph.

Once complete, email your all your work to Janet Butler on janet.butler@bishopburton.ac.uk