

Storing food safely

This group activity will encourage workers to discuss they can store food safely and the risks of not doing so.

Match practical scenarios to the relevant health and safety legislation.

Duration: 25 minutes

Resources: Grid and 15 food cards.

What core skills does this address?

- Problem solving skills

What Care Certificate standards does this address?

- 8.1 Understand the principles of hydration, nutrition and food safety

Introduce the activity

Explain that each card has the name of a food on, and that some foods pose a greater health risk than others and need to be stored differently.

The three headings in the grid describe different places to store them.

Ask each group has to decide where they would best store each food to limit the risk of food spoilage, and then place the card under the correct heading.

Ask workers to justify their decisions during the feedback discussion.

Feedback and discussion

Ask each group to choose one food for each of the three storage areas and to give their reasons for their decisions.

You could use these questions to structure the discussion:

- why are some foods classified as high risk?
- why are some foods classified as low risk?
- what else should you be bear in mind when storing foods in a fridge?
- cream cheese is a dairy product - can you name other examples?
- what are some of the key food safety rules to follow when serving or preparing food?

- when you visit a client's home, you notice that the fridge needs cleaning and that some foods are past their use by date. Are these issues that you should try to deal with?

Depending on the level of language skills and the level of experience within the group it may be appropriate to review the use of terminology used on food safety courses e.g. 'bacteria', 'cross contamination' and 'danger zone'.

In the fridge, in the coldest part (for high risk foods)	In the fridge, in a door compartment or the salad bin	In a cupboard

A tub of cream cheese	A packet of prawn sandwiches
A tomatoes	A lettuce
A jar of jam	A bowl of left over curry
A tub of yoghurt	A packet of cheddar cheese
A bottle of tomato sauce (unopened)	A half used jar of salad cream
A bottle of olive oil	A bottle of vinegar

A packet of dried pasta	A packet of fresh pasta
A jug of left over gravy	A bag of grapes
A tub of margarine	A bottle of fresh milk
A tin of milk	A box of eggs
A half used tube of tomato puree	A half used box of muesli
A pork pie	A tub of potato salad