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Education

Phase 2

How is food kept safe?



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Safe food

What does it mean?

Food that can be eaten without causing us harm or making us unwell.





Unsafe food

What could make food unsafe?

- **Decay** which may produce harmful bacteria;
- **Insects and pests** which may spread disease;
- **Contamination** caused by chemicals or objects getting into the food.





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Growing food safely

Farmers care for their crops so they are safe to eat, by:

- using sprays against insects and diseases;
- follow special rules about spraying to make sure crops are safe to eat, e.g. when to spray and how much to use;
- storing harvested crops in a clean place at the right temperature.





Rearing food safely

Farmers care for the animals so their meat, milk or eggs are healthy and safe to eat, by:

- making sure they have food and fresh water;
- making sure they have a comfortable place to rest;
- checking they are well and treating any problems they have.





Transporting food safely

Food is transported in different ways to keep it safe to eat:

- milk travels from the farm to where it is processed in a chilled tanker to keep it cool;
- eggs are transported carefully to prevent damage to the shells which may allow bacteria to get in to the egg;
- soft fruit is packed carefully to avoid it becoming damaged and rotting.





Keeping food safe in the shops

How is food kept safe in shops and supermarkets?

- Food is stored correctly to make sure it is at the best temperature to keep it fresh.
- Storage areas are kept clean and tidy.
- Food is checked and monitored in storage and when it is displayed in the shop or supermarket.





Keeping food safe at home

How can we make sure our food at home is safe to eat?

We can...

- check the date marks on food packaging;
- store food correctly, e.g. in a refrigerator;
- cook food properly.





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Preparing food safely

How can we make sure our food at home is safe to eat?

We can...

- wash our hands before handling food;
- prepare food hygienically in a clean area;
- cover and refrigerate leftover foods.





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