



## Chef activity badge



As part of the Chef activity badge you need to show that you know how to shop for food, transport and store it properly, and that you know how to maintain good kitchen hygiene to prevent food poisoning. Complete this worksheet and hand it to your leader, you need to score over 75% to sign-off these requirements for the badge.

Your name: \_\_\_\_\_

		Score
1	Salmonella is a bacteria which can cause food poisoning. Which 3 foods have the highest risk of giving you salmonella (tick three)?	
	a) Undercooked chicken	
	b) Undercooked pork	
	c) Salad	
	d) Unpasteurised dairy products (pasteurisation uses mild heat to kill bacteria and extend the shelf life of certain foods)	
	e) Stale bread	
2	We use colour coded chopping boards to help prevent cross-contamination. Which colour board should you use for chopping raw meat (tick one)?	
	a) Green	
	b) White	
	c) Red	
	d) Brown	
	e) Yellow	
3	If you're storing raw meat in the fridge, where should you put it (tick one)?	
	a) Top shelf, so nothing can fall on to it	
	b) Middle shelf	
	c) Bottom shelf, so it can't drip on to anything	
4	When should you wash your hands (tick all you think are correct)?	
	a) After each visit to the toilet	
	b) Before doing the washing up (you're washing)	
	c) After handling raw meat	
	d) Before taking the rubbish to the bins	
	e) Before and after handling food	
	f) Before eating	

Score

What are the hazards that you can see in this picture (tick all you think are correct)?



5

- a) Dirty plates & pans could attract insects, animals, & grow harmful bacteria
- b) Food waste on the floor could attract animals
- c) The washing up water will get cold
- d) Frozen food left on the table will defrost & could grow harmful bacteria
- e) Open rubbish bag could attract animals & insects
- f) Tea towels lying on the floor will become dirty and then spread germs

The food has just arrived at camp and you've been asked to help pack it in the store tent. Which is the best way of packing everything (tick one)?

6

	Cool box 1	Cool box 2	Lidded crates	Open crates
a)	Raw meat, milk	Cheese, fruit, vegetables	Tins, eggs, bottles of squash	Bread, biscuits, rice, sugar
b)	Raw meat, vegetables	Milk, cheese, eggs, fruit	Biscuits, rice, eggs, sugar	Tins, bread, bottles of squash
c)	Raw meat	Milk & cheese	Fruit, vegetables, bread, biscuits, rice, eggs, sugar	Tins, bottles of squash
d)	Raw meat	Cheese, fruit	Vegetables, bread, rice, eggs, sugar	Milk, biscuits, tins, bottles of squash

You've ordered frozen meat for camp so that it lasts longer. What should you do before cooking it (tick one)?

7

- a) When it arrives, leave it on the table to defrost and then put it in a cool box
- b) Put it straight in a cool box, but make sure it's fully defrosted before cooking
- c) Put it straight in a cool box and cook it from frozen

		Score
8	<b>You're cooking chicken, how should you cook it (tick one)?</b>	
	a) So that there's no pink in the middle and the juices run clear	
	b) So that juices run clear, but it's still a bit pink	
	c) So that the outside is lightly brown but the middle is still pink	
	d) Cooking it ruins the flavour, serve it pink and clucking!	
9	<b>Why should you wash your hands between handling raw meat and preparing vegetables (tick one)?</b>	
	a) Because you don't want to upset the vegetarians in your group	
	b) Because, like, ewww!	
	c) Because that meat was cold and you want to warm your hands up	
	d) Because bacteria can easily be transferred from the meat	
10	<b>Which of these are bacteria that commonly cause food poisoning (tick three)?</b>	
	a) Vomitus squirticus	
	b) Campylobacter, or 'the barbecue bug'	
	c) Salmonella	
	d) Bromhidrosis	
11	<b>What should you do with kitchen surfaces before and after cooking (tick one)?</b>	
	a) Wipe them clean with anti-bacterial spray, or hot soapy water	
	b) Flick off any bits with an old tea towel	
	c) Use your hand to brush them over	
	d) Give them a quick wipe with cold water	
12	<b>At the end of camp, what should you do when packing up the kitchen (tick three)?</b>	
	a) Box everything up as fast as possible, you can always clean it next camp	
	b) Ensure that pots, pans, utensils and crockery are washed & dried thoroughly	
	c) Use your mate's manky t-shirt to wipe the grease off the stove	
	d) Empty the cool boxes & food crates and clean them with anti-bacterial spray	
13	<b>Which statements are correct about "use-by" and "best before" dates (tick two)?</b>	
	a) Use-by dates are about safety, after this date the food might not be safe to eat. The use-by date is only valid if the food has been stored properly.	
	b) Best before dates are about quality. Provided it's been stored properly, food is still safe to eat after the best before date but it might not taste so good.	
	c) Use-by dates and best before dates are just different names for the same thing. After this date you shouldn't use the food.	