

Safe food & safe kitchens for young children

Why food safety?

Learning to cook is a good skill and can be great fun! But many childhood injuries happen in the kitchen. Did you know that around $\frac{1}{3}$ of children's burns in SA happen in the kitchen?

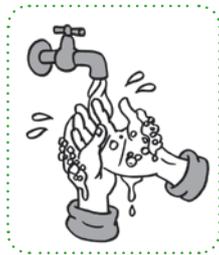
The kitchen is also a common place for bugs to spread. There are some simple things you can do to keep your child and their food safe.

Keeping food safe

Clean hands

Always wash your hands and your child's hands:

- > With soap and warm running water
- > Dry on a single use towel or air dryer
 - before preparing food
 - after handling raw meat or poultry
 - after using the toilet.



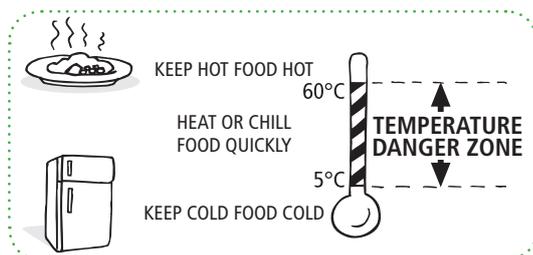
Remember children need clean hands in the kitchen too!

Food temperatures

Between 5°C and 60°C is the 'Temperature Danger Zone' when harmful bugs can grow in your food. This means that hot and cold food left at room temperature is in the 'Temperature Danger Zone'. Food can be kept at this temperature for a short time, eg. while dinner is served. If food is left out of the fridge for more than 4 hours it must be thrown away.

Keep cold foods cold - Cold foods need to be stored at 5°C or lower.

Keep hot foods hot - Hot foods need to be kept at 60°C or higher.



Watch those bugs!

- > always wash fruits and vegetables before eating to wash dirt and bugs away
- > use separate, clean chopping boards and knives for cutting raw meat and all other foods.



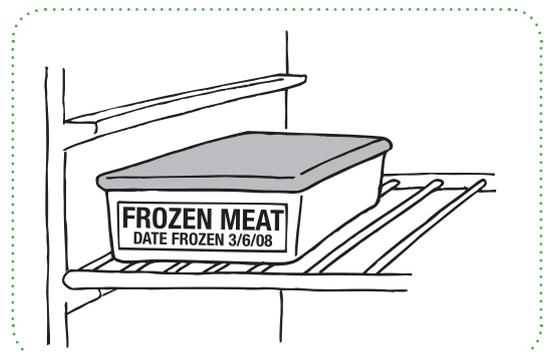
Food storage

Store cooked foods or left overs in small, covered containers. Put them in the fridge as soon as you can or within at least 2 hours of cooking. If you don't think you will eat it soon, put it in the freezer with a label of the date and store for up to 3 months.



Thawing

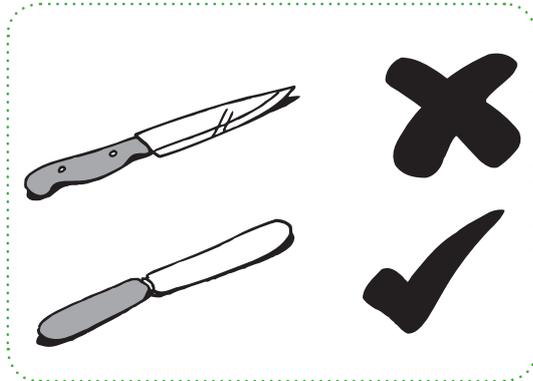
Thaw frozen food in the fridge or the microwave, never out on the bench. Make sure food is thawed all the way through before cooking.



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Keeping children safe

- > always have an adult supervise children in the kitchen
- > children should not use sharp knives. Butter or plastic knives are safest

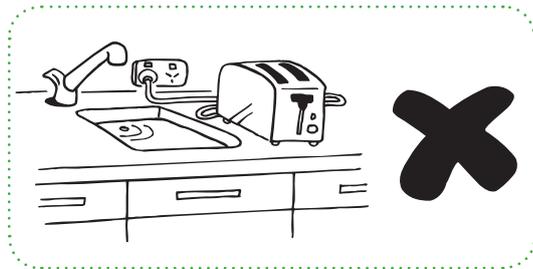


- > adults should use hot appliances and handle food from ovens, cooktops and microwaves.

Be careful: Hot foods, steam, liquids and containers can cause burns!

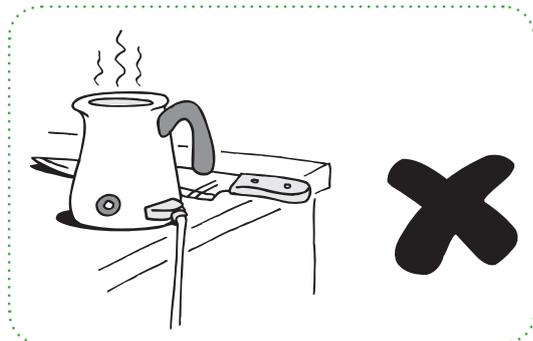


- > keep electrical appliances away from water



Follow these tips to make sure children stay safe in the kitchen and eat safe food.

- > keep kettles, jugs, hot drinks, pot handles and knives away from the edge of benches and tables



For more information

Children, Youth and Women's Health Service
www.wch.sa.gov.au/services/az/other/nutrition/index.html
www.cyh.com

Food Standards Australia New Zealand
Phone (02) 6271 2222
www.foodstandards.gov.au

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