

Chilling

Sharing a fridge

This is how Paul and Anne share a fridge

Ann has this side of the fridge above the box with her name on it



Paul has the other side above the box with his name on it



Ann and Paul have a box with their name on for raw meat. They keep this on the bottom shelf. They share the veg rack and the drinks space in the door.

William's kitchen



Chilling

It's important to keep some foods chilled. If you keep them chilled it slows down bacteria growing on them. Bacteria are sometimes called germs or bugs. You can't see bugs but they are there, they can make your food go off and make you ill.

This is how William puts things in his fridge to keep them chilled and beat the bugs.



Fit to Eat

Chilling

The only way to tell if your fridge is the right temperature is to use a thermometer. Use the thermometer in the pack. Put it in your fridge. The temperature should be between 3 and 5 degrees centigrade. The best time to check your thermometer is when the fridge has been closed a long time. First thing in the morning is a good time.



Use the permanent marker pen from your pack to write the use by dates in big writing on your jars, bottles and other foods.





Top shelf
Dairy products,
eggs, cheese,
yoghurts, butter

Shelf two

Jars and sauces
once opened
Cooked meats
(ham and chicken)



Shelf three

Raw meats



Tray
Salad
and veg



Door
Drinks