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**Cooking Activity Benefit-Risk Assessment**

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| **Name of Kindergarten:** Click or tap here to enter text. |

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| **Date of Assessment:** Click or tap here to enter text. | **Date for Review:** Click or tap here to enter text. |
| **Planned Activity:**  | **Materials:** | **Location:** |
| Cooking (please specify what is being cooked)Click or tap here to enter text.**Where to get further support if required:**[Better Health Vic - Food safety when cooking high risk food](https://www.betterhealth.vic.gov.au/health/healthyliving/food-safety-when-cooking#safety-when-cooking-high-risk-foods)[Better Health Vic - food safety](https://www1.health.gov.au/internet/publications/publishing.nsf/Content/gug-indig-hb~food-safety) | As per attached recipe (please send Cooking Activity Benefit-Risk Assessment and recipe to your advisor for approval) | Kindergarten kitchen and playroom |
| **Benefits of the activity:** |
| Click or tap here to enter text. |

| **Hazards identified:** | **Precautions/Control measures** | **Who/when?** | **Risk assessment (matrix) after precautions** | **Actions** |
| --- | --- | --- | --- | --- |
| Preparing and storing high risk foods at the wrong temperature. Food poisoning bacteria grow more easily on some foods than others. These high-risk foods include:* raw and cooked meat, including poultry such as chicken and turkey, and foods containing them, such as casseroles, curries, and lasagne
* dairy products, such as custard and dairy based desserts like custard tarts and cheesecake
* eggs and egg products, such as mousse
* small goods such as hams and salamis
* seafood, such as seafood salad, patties, fish balls, stews containing seafood and fish stock
* cooked rice and pasta
* prepared salads like coleslaws, pasta salads and rice salads
* prepared fruit salads
* ready-to-eat foods, including sandwiches, rolls, and pizza that contain any of the food above.
* Foods that contain raw egg, such as homemade mayonnaise, tiramisu and eggnog are not to be prepared or served at the service. Foods that contain cooked egg, e.g., cake do not fit into this category.
 | To keep high-risk foods out of the ‘temperature danger zone’ of between 5 °C and 60 °C. Cook all food to a temperature of 75 °CHow you cook food is very important. Different foods need a different approach: * Aim for an internal temperature of 75 °C or hotter when cooking food. Heating foods to this temperature kills most food-poisoning bacteria. Use a thermometer to check the internal temperature of foods during the cooking process.
* Cook mince, sausages, whole chickens, or stuffed meats right through to the centre. Should not be able to see any pink meat and the juices should be clear.
* Cook steak, chops, and whole cuts of red meat to your preference as food poisoning bacteria are mostly on the surface.
* Cook fish until it flakes easily with a fork.
* Cook foods made from eggs such as omelettes and baked egg custards thoroughly.
 | Educators | Low | If high-risk foods have been left in the temperature danger zone for up to two hours the food should be reheated, refrigerated, or consumed.If high-risk foods have been left in the temperature danger zone for longer than two hours, but less than four hours, they should be consumed immediately.Throw out any high-risk foods that have been left in the temperature danger zone for more than four hours. |

| **Hazards identified:** | **Precautions/Control measures** | **Who/when?** | **Risk assessment (matrix) after precautions** | **Actions** |
| --- | --- | --- | --- | --- |
| **Food safety and microwave cooking:** Microwaves are a quick and convenient way to cook food. However, if they are not used correctly, they can cook food unevenly. This may leave food partially cooked or not reaching a uniform temperature of 75 °C. | Ensure that all foods cooked in the microwave are cooked evenly. | Educators | Low | Cut food into evenly sized pieces if possible or put larger or thicker items towards the outside edge of the dish.Cover the food with a microwave-safe lid or microwave plastic wrap. This will trap the steam and promote more even cooking.Rotate and stir food during cooking.Wait until the standing time is over before checking that the cooking is complete. Food continues to cook even after the microwave is turned off. |
| Reheating foods | Reheat food to above 75°C. | Educators | Low | Reheat food until it is above 75 °C or, preferably, boiling. Food should steam throughout, not just on the edges. Take care when reheating food in a microwave oven. Follow the same actions as when cooking with a microwave to ensure all the food is heated to above 75 °C. |

| **Hazards identified:** | **Precautions/Control measures** | **Who/when?** | **Risk assessment (matrix) after precautions** | **Actions** |
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| Cooling and storing foods | Storing food appropriately after cooking | Educators | Low | If food is stored for later use, wait until the steam stops rising, cover the food and put it in the fridge. This helps keep the food out of the temperature danger zone as fast as possible. Large portions of food cool faster when you put them into shallow trays or divide them into smaller pieces.If food needs to be kept warm, keep it hotter than 60 °C and out of the temperature danger zone.Under ideal conditions, cooked food can be stored in the fridge for a few days. If cooked food needs to be kept longer, freeze the food immediately after cooling in the fridge.Always store cooked food separately from raw food, especially raw meats, poultry, and fish. Keep raw meats and poultry at the bottom of the fridge to avoid raw juices dripping onto other food. Ensure that all food is covered or sealed. |
| Cutting Food | Click or tap here to enter text. | Click or tap here to enter text. | Choose an item. | Click or tap here to enter text. |
| Handling hot or melted foods | Click or tap here to enter text. | Click or tap here to enter text. | Choose an item. | Click or tap here to enter text. |
| Hygiene Practices (e.g., washing hands, cross contamination with surfaces) | Click or tap here to enter text. | Click or tap here to enter text. | Choose an item. | Click or tap here to enter text. |
| Food Allergies | Click or tap here to enter text. | Click or tap here to enter text. | Choose an item. | Click or tap here to enter text. |

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| **Notes:** Click or tap here to enter text.**Assessment will be reviewed**: 1. [ ]  Annually. 2. [ ]  Following an incident. 3. [ ]  After removal or addition of materials**Assessment prepared by**: Click or tap here to enter text.**In Consultation with:** Click or tap here to enter text.**Assessment sighted by:** Shine Bright Early Years Advisor -  (Date): Click or tap here to enter text.**Assessment Communicated to:** children, parents/families, Pre-K early years educator, relief educators, volunteers and students |

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|  | Insignificant | Minor | Moderate | Major | Catastrophic |
| Almost certain | Moderate | High | High | Extreme | Extreme |
| Likely | Moderate | Moderate | High | Extreme | Extreme |
| Possible | Low | Moderate | High | High | Extreme |
| Unlikely | Low | Low | Moderate | High | High |
| Rare | Low | Low | Low | Moderate | High |