

ALWAYS REMEMBER food safety

Cross contamination is the spread of bacteria around your kitchen, from food to surfaces and from surfaces to food and can be a major cause of food poisoning. There are stages to be aware of cross-contaminating food, for example when preparing and storing food. An example of **cross contamination** during storage is: A high risk food, such as a raw chicken thawing in a refrigerator, is placed in contact with cooked meat. The bacteria from the raw chicken contaminates the cooked meat.

Barbecues are often the scene of cross-contamination. One of the most common food handling mistakes involves people putting cooked chicken or meat back on the same plate that contains raw juices so be sure you have plenty of clean utensils and platters. Do not pour liquid that has been used to marinade raw meat or poultry on to cooked meats. Store uncooked food and ready-to-eat foods in separate sealed containers. Always wash your hands after touching raw meat. Use separate utensils (plates, tongs, containers) for cooked and raw meat.

Cooking with disposable barbecues can take longer.

THE BIG QUESTION

What are considered high risk foods?

- Dairy products (milk, cream, cheese, yogurt and products containing them such as cream pies and quiches)
- Eggs.
- Meat or meat products.
- Poultry.
- Fish and seafood



YEAR 9 term 1a KNOWLEDGE ORGANISER

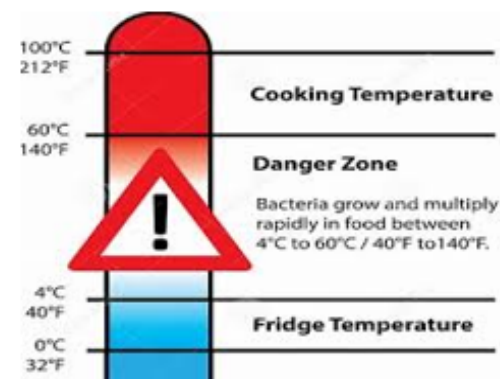
PROPERTIES 5 principles of food safety

- Prevent contaminating food with [pathogens](#) spreading from people, pets, and pests.
- Separate raw and cooked foods to prevent contaminating the cooked foods.
- Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens. 75C
- Store food at the right temperature. Fridge temperature is 0 – 5C
- Use [safe water](#) and safe [raw materials](#)

DEEPER LEARNING

Bacteria	Source	symptom
Salmonella	chicken, pork, fruits, nuts, eggs, beef and sprouts. Animals and their environments: Particularly reptiles, baby chicks and pet food and treats	Diarrhoea, fever, stomach cramps, vomiting
E coli	undercooked ground beef, raw milk and fruit juice, soft cheeses made from raw milk, and soil on raw fruits and vegetable. Animals and their environment	Severe diarrhoea that is often bloody, severe stomach pain, and vomiting. Usually little or no fever is present.
campylobacter	Raw and undercooked poultry, unpasteurized milk, contaminated water	diarrhoea (frequently bloody), abdominal pain, fever, headache, nausea, and/or vomiting.

PICTURE PERFECT



NEXT STEPS

Our hands are a main way that germs are spread. Harmful bacteria can be spread very easily from people's hands to food, work surfaces and equipment. Find out why you should never wash raw chicken. Hygiene tips: use different chopping boards for raw and ready-to-eat foods and store raw meat and fish in a sealed container on the bottom shelf of the fridge. Check the packets – follow the cooking instructions carefully. Wash fruit and vegetables under cold running water first.

KEY VOCABULARY

High risk food	Multiply
Core temperature	Danger zone
Chilled foods	Under cooked
Cross contaminate	Symptom
Pathogen	Vomit
salmonella	diarrhoea