YEAR 9 term 1 KNOWLEDGE ORGANISER

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. 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 and always wash pots in hot soapy water. 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 meats. For meat to be safely cooked, it must reach 75+C in the centre and this temperature is measured with a food probe.

THE BIG QUESTION

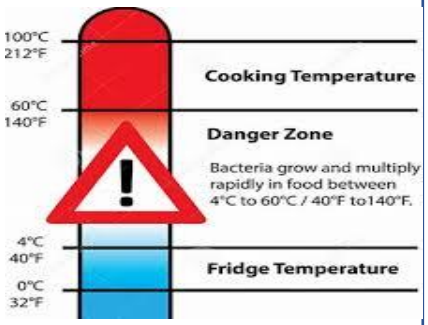
What are considered high risk foods?

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

NUTRITION

Meat belongs to the protein group on the eatwell plate. As well as being high in protein, meat also contains, fats and water. We need protein in our diet to maintain and repair our bodies and also for growth. Red meat like beef and lamb contain iron which is needed to make healthy red blood cells and vitamin B which supports healthy skin. White meat like chicken and turkey contain protein but less fat than red meat. White meats or poultry do not contain iron and vitamin B. Any food which contains fat will also contain vitamins A & D.

PICTURE PERFECT



High risk foods should be stored between 1-5C in the fridge and at -18C in the freezer. During cooking, the inside of the food should reach 75C or above. Cooked foods should be cooled quickly and stored on the middle or top shelf of the fridge and they should be eaten within 2 days of cooking.

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.

BAKED FOODS

Baked foods like pastry, bread and scones are made from a dough which is made predominantly from flour and usually butter or margarine is added by the rubbing in method. Sometimes sugar is added to sweeten or savoury baked foods may have a savoury flavour and then a liquid is added to form the dough. The ingredients used in baked foods mean that they contain macro nutrients fats, proteins and carbohydrates. The texture of a dough must be correct for shaping and that liquids added are controlled to achieve the correct consistency. Baked foods are cooked in the oven and so heat transfer is by convection. The oven should be hot and foods cooked on the top shelf. Often, the surface of the food is brushed with beaten egg glaze before cooking to give the finished product a golden brown colour which improves the appearance of the food. Baked foods like pastries contain fillings which add to the texture of the food and also add nutrients to the food.

KEY VOCABULARY

- High risk food
- Core temperature
- Chilled foods
- Cross contaminate
- 75C
- Salmonella
- Multiply
- Danger zone
- Symptoms
- Vomit
- Diarrhoea
- Protein
- Fats
- Carbohydrate
- Dough
- Rubbing in method
- Consistency
- Liquid