

## Food safety revision

1 – Explain why it can be dangerous to store some foods at a warm temperature:  
**BECAUSE BACTERIA GROW BEST AND COULD CAUSE FOOD POISONING**

2 – Name three high risk foods:

**COOKED CHICKEN, COOKED FISH, GRAVY, PASTY, LOBSTER, SHELL ON PRAWNS, MILK, CREAM**

3 – What happens to bacteria when they are heated above 63°C  
**THEY ARE MAINLY DESTROYED**

4 – What happens to bacteria when they are cooled below 5°C?  
**THEY ARE DORMANT AND GROW VERY SLOWLY OR NOT AT ALL**

5 – How can a temperature probe help to keep food safe?  
**TO CHECK THE FOOD HAS REACHED THE CORRECT TEMPERATURE**

1 – What are the five main sources of bacteria which can contaminate food?  
**RAW FOOD, WORK SURFACES/EQUIPMENT, FOOD HANDLERS, PESTS, WASTE FOODS/RUBBISH**

2 – State three ways you could prevent bacteria from raw food contaminating ready to eat food:

**COLOUR CODED CHOPPING BOARDS, CLEAN AREA, WASH HANDS, ETC**

3 – Why are colour coded chopping boards useful when preparing foods?

**THEY CAN HELP REDUCE BACTERIAL CONTAMINATION**

4 – What does double dipping mean, and how may this be prevented when tasting food?

**TASTING MIXTURE FROM THE SAME SPOON TWICE WITHOUT CLEANING THE SPOON, CLEAN IT**

5 – Name three symptoms of food poisoning  
**NAUSEA, VOMITING, DIARRHOEA, STOMACH PAIN**

## Personal Hygiene



Food room rules:

Store ingredients in the chiller **(to prevent bacterial growth, to prevent damage)**

Store bags etc in cubby holes **(so you don't trip over)**

Wash hands, tie hair up, blazers off, apron on **(kill bacteria, stop falling into food, protect food)**

Think 'safety' at all times **(so nobody gets hurt)**

Clean and dry equipment and store correctly **(to get rid of bacteria)**

### Prevent Cross Contamination

Use the correct colour coded chopping boards and knives



### What is a high risk food?

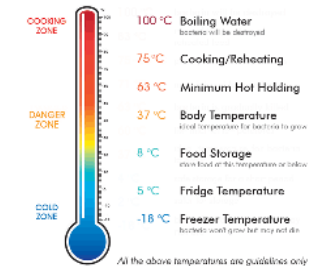


**READY TO EAT FOOD**  
 Such as dairy products, yoghurt & cream

**READY TO EAT FOOD**  
 Such as cream cakes, butter, cooked meats, leftovers & other packaged food.

**RAW MEAT, POULTRY & FISH**  
 Always cover & keep in sealed containers.

**SALAD, FRUIT & VEGETABLES**  
 Keep ready to eat fruit and vegetables in sealed bags or containers, always wash before use.



## Food provenance revision

1 – Give three examples of food that is A) grown B) caught C) reared

**A) WHEAT, BARLEY, FRUIT, VEGETABLES**

**B) FISH (MACKERAL, HADDOCK, COD ETC) AND SHELLFISH**

**C) COWS, SHEEP, PIGS, CHICKENS**

2 – How do farmers ensure they produce the very best crops?

**THEY LOOK AFTER THEM CAREFULLY (PREPARE SOIL, SOW AT RIGHT TIME, WATER THEM ETC)**

3 – Name three different ways in which fish and shellfish may be caught:

**TRAWLING, LINE CAUGHT, POTS**

4 – Why do some people prefer to shop locally?

**TO SUPPORT LOCAL FARMERS AND PRODUCERS, AND TO REDUCE FOOD MILES**

5 – Explain why some people choose to buy organic food:

**BECAUSE NOTHING ARTIFICIAL IS USED, ANIMALS ARE ALWAYS FREE RANGE**

### **What are food miles?**

The distance food travels from farm to fork



### **How to reduce food miles:**

- Buy more British food
- Buy more local and seasonal food
- Grow your own vegetables / fruit
- Use local shops rather than travelling to bigger supermarkets
- Buy food in less packaging

### **-Why is food wasted and how can it be prevented?**

- Poor meal planning (plan ahead)
- Buying more food than is needed (only buy what you need)
- Serving too big portions (serve smaller portions)
- Poor food storage (make sure you store food correctly)
- Not understanding best before/use by dates (know the difference)
- Not using left over food (use leftovers)
- Limited cooking skills and knowledge about food (learn to cook)
- Food shops only selling 'good looking' foods and wasting misshapen ones (encourage shops to sell 'wonky veg')

### **What is carbon footprint in terms of food?**

It is the measure of how much carbon dioxide and other green house gases are released throughout the production, processing, consumption and disposal of food



### **Locally produced food – list the benefits of buying it**

