

Key words

Bacteria	A unicellular microorganism: can be beneficial or harmful
Danger zone	A range of temperatures in which bacteria can grow and thrive
Deteriorate	Getting progressively worse over-time
Contaminate	When harmful bacteria is present in food
Enzymes	Speed up reactions
High-risk foods	Foods at higher risk of contamination: typically high in protein and moisture
Low-risk foods	Foods at lower risk of contamination: typically high in sugar, low in protein
Micro-organisms	Microscopic organisms
Shelf-life	Length of time a product remains useable

The 4 Cs

Cooking	. Make sure the food is cooked thoroughly (especially meat) so any harmful bacteria can be killed.
Chilling	. Some foods need to be chilled so that bacteria cannot grow
Cross-contamination	. Make sure that raw and cooked food are separated. Use different equipment for different food groups
Cleaning	. Clean and disinfect work surfaces between tasks and clean hands thoroughly

Key temperatures	High/Low risk foods	
. 18°C - Min temperature of the freezer . 0°C - Bacteria dormant . 0°C-5°C - Fridge temperature range . 5°C - The lower limit of the danger zone . 63°C - Upper limit of the danger zone . 70°C - Core temperature of cooked food for 2mins at thickest part . 75°C - Core temperature of food for 30secs at thickest part. - Min temp of reheated food . 100°C - Boiling point. Bacteria dies	High risk foods are high in protein and moisture	Low risk foods are high in sugar and low in protein and moisture
The 4 conditions required for bacterial growth are nutrients, time, moisture and warmth.	Examples include:	Examples include:
	Poultry, seafood, meats, cheese, cooked rice, soups, milk	Jam, syrup, marmalade, sweets, icing, raw potatoes, dried pasta, carrots
		Have a best before date: the product can still be eaten after that

Personal Hygiene Rules	Types of food poisoning bacteria	
. Hair should be tied up/covered . Hands should be washed . No coughing/sneezing near food . No jewellery	Bacteria	Source
By following these personal hygiene rules, germs won't spread.	Salmonella	Poultry, eggs
	E-coli	Raw meat, Raw milk
	Listeria	Raw, processed and cooked foods
	Bacillus cereus	Cereals, especially rice

Main causes of food poisoning
. Microwaves don't evenly heat food . Use of cooked/chilled foods . Food not stored at the correct temperatures . Poor personal hygiene . Food not heated at the correct temperature

