

Food Poisoning

Food poisoning is an illness caused by eating contaminated food. Food can be contaminated by:

- Microbes - bacteria, pathogens, 'germs'
- Physical - pests, glass, packaging, rodent droppings
- Chemicals - cleaning products such as disinfectants and bleach
- Allergies - such as peanuts

Types of food poisoning:

- Salmonella - Found in raw meat, poultry and unwashed vegetables. Symptoms can show within 48 hours but can last for up to 3 weeks. Symptoms include, fever, vomiting, abdominal pain and diarrhoea.
- Campylobacter - Found in raw meat and poultry. Symptoms can last for up to 10 days. Symptoms include, fever, headache, abdominal pain and diarrhoea.
- Clostridium Perfringens - Found in animal poo, soil, manure, sewage, raw meat and poultry. Symptoms of can last for up to 3 weeks. Symptoms include, nausea, abdominal pain and diarrhoea.
- E-coli - Found in the gut of animals and humans. It can take up to 5 days for symptoms to show. Symptoms include, diarrhoea.
- Listeria - Found in soil, vegetation, meat, poultry, soft cheese and salad vegetables. Symptoms can last for up to 3 weeks. Symptoms include, flu like symptoms, meningitis.
- Bacillus Cereus - Found in soil and dust and rice dishes. Symptoms usually last for 24 hours. There are two types of symptoms, after 1 - 5 hours - vomiting; after 8-18 hours - diarrhoea and abdominal pain.
- Staphylococcus Aureus - Found on the skin, cuts, boils and up the nose. Symptoms are onset within 6 hours.. Symptoms include, severe vomiting, diarrhoea and abdominal pain.

Pastry

Different types of pastry are used to produce dishes with a wide range of textures and flavours. The most common types of pastry are:

- Short paste/short-crust pastry - used for sweet and savoury dishes e.g mince pies and quiche.
- Sugar paste/pate sucre - used for sweet dishes, e.g lemon meringue pie.
- Cheese pastry - used for cheese straws.
- Choux pastry - used for eclairs and profiteroles.
- Puff pastry - used for sweet and savoury dishes e.g cream horns and sausage rolls.
- Rough puff pastry - used in the same way as puff pastry.
- Flaky pastry - used in the same way as puff pastry.
- Filo pastry - used for sweet and savoury dishes e.g strudel.

Senses

Sensory analysis examines the properties (texture, flavour, taste, appearance, smell, etc.) of a product or food through the senses (sight, smell, taste, touch and hearing) of the panellists. We all like and dislike different food and drinks. Our senses help us decide what we like and dislike In the food industry they



sight	conduct something called sensory analysis.					
	To describe properties we use describing words such as:					
hearing	aromatic	fresh	spicy	floral	bland	tainted
smell	perfumed	bitter	savoury	rotten	sweet	citrus
taste	strong	mild	fragrant	musty	weak	scented
touch	brittle	rubbery	short	stodgy	bubbly	gritty
	sandy	mushy	tender	soft	firm	flaky

**Food Poisoning**

Food poisoning is an \_\_\_\_\_ caused by eating \_\_\_\_\_ food. Food can be contaminated by:

- Microbes - \_\_\_\_\_, pathogens, 'germs'
- \_\_\_\_\_ - pests, glass, packaging, \_\_\_\_\_ droppings
- Chemicals - cleaning products such as \_\_\_\_\_ and \_\_\_\_\_
- \_\_\_\_\_ - such as \_\_\_\_\_

Types of food poisoning:

- \_\_\_\_\_ - Found in raw meat, poultry and unwashed vegetables. Symptoms can show within \_\_\_\_\_ hours but can last for up to 3 \_\_\_\_\_. Symptoms include, fever, vomiting, \_\_\_\_\_ pain and diarrhoea.
- \_\_\_\_\_ - Found in \_\_\_\_\_ meat and poultry. Symptoms can last for up to 10 days. Symptoms include, fever, headache, abdominal pain and \_\_\_\_\_.
- Clostridium \_\_\_\_\_ - Found in animal poo, soil, \_\_\_\_\_, sewage, raw meat and \_\_\_\_\_. Symptoms of can last for up to \_\_\_\_\_ weeks. Symptoms include, \_\_\_\_\_, abdominal pain and diarrhoea.
- E-coli - Found in the \_\_\_\_\_ of animals and \_\_\_\_\_. It can take up to 5 \_\_\_\_\_ for symptoms to show. Symptoms include, diarrhoea.
- \_\_\_\_\_ - Found in soil, \_\_\_\_\_, meat, poultry, soft \_\_\_\_\_ and salad vegetables. Symptoms can last for up to 3 weeks. \_\_\_\_\_ include, flu like symptoms, \_\_\_\_\_.
- \_\_\_\_\_ Cereus - Found in soil and \_\_\_\_\_ and \_\_\_\_\_ dishes. Symptoms usually last for \_\_\_\_\_. There are two types of symptoms, after 1 - 5 hours - vomiting; after 8-18 hours - diarrhoea and abdominal pain.
- \_\_\_\_\_ Aureus - Found on the skin, \_\_\_\_\_, \_\_\_\_\_ and up the \_\_\_\_\_. Symptoms are onset within 6 hours.. Symptoms include, severe vomiting, diarrhoea and abdominal \_\_\_\_\_.

**Pastry**

Different types of pastry are used to produce dishes with a wide range of \_\_\_\_\_ and \_\_\_\_\_. The most \_\_\_\_\_ types of pastry are:

- **Short paste/** \_\_\_\_\_ - \_\_\_\_\_ **pastry** - used for sweet and \_\_\_\_\_ dishes e.g mince pies and \_\_\_\_\_.
- \_\_\_\_\_ **paste/pate sucre** - used for \_\_\_\_\_ dishes, e.g lemon \_\_\_\_\_ pie.
- **Cheese** \_\_\_\_\_ - used for cheese \_\_\_\_\_.
- \_\_\_\_\_ **pastry** - used for \_\_\_\_\_ and \_\_\_\_\_.
- \_\_\_\_\_ **pastry** - used for sweet and \_\_\_\_\_ dishes e.g cream horns and sausage rolls.
- \_\_\_\_\_ **puff pastry** - used in the same way as \_\_\_\_\_ pastry.
- \_\_\_\_\_ **pastry** - used in the same way as puff pastry.
- \_\_\_\_\_ **pastry** - used for \_\_\_\_\_ and \_\_\_\_\_ dishes e.g \_\_\_\_\_.

**Senses**

Sensory analysis examines the \_\_\_\_\_ (texture, \_\_\_\_\_, taste, appearance, smell, etc.) of a product or food through the \_\_\_\_\_ (sight, smell, taste, \_\_\_\_\_ and hearing) of the \_\_\_\_\_. We all like and dislike different food and drinks. Our senses help us decide what we like and dislike In the food industry they

sight	conduct something called sensory analysis.				
To describe properties we use describing words such as:					
hearing	aromatic	_____	spicy	floral	_____
smell	_____	bitter	_____	rotten	sweet citrus
taste	strong	_____	fragrant	musty	_____ scented
touch	brittle	_____	short	_____	bubbly _____
	_____	mushy	_____	soft	_____ flaky



Food Poisoning

Describe the symptoms of food poisoning.



Task: answer the questions below-

1. The bacteria that cause abdominal pain are ... \_\_\_\_\_
2. The bacteria that cause diarrhoea are ... \_\_\_\_\_
3. The bacteria that can be prevented by good personal hygiene is ... \_\_\_\_\_
4. The bacteria that can survive cooking is ... \_\_\_\_\_
5. The bacteria that can cause death are ... \_\_\_\_\_

Pastry



1. What is shortcrust pastry primarily used for?  
\_\_\_\_\_  
\_\_\_\_\_

2. What are the main ingredients of shortcrust pastry?  
\_\_\_\_\_  
\_\_\_\_\_

3. What is filo pastry commonly used in?  
\_\_\_\_\_  
\_\_\_\_\_

4. What can be made using choux pastry?  
\_\_\_\_\_  
\_\_\_\_\_

Smell

How would these foods smell?



Pizza = \_\_\_\_\_

Chilli = \_\_\_\_\_



Lemon = \_\_\_\_\_



Touch

How would these foods feel?



Muffin = \_\_\_\_\_

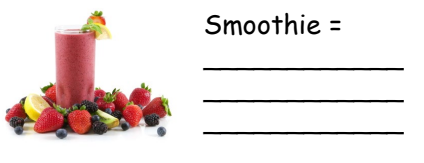
Carrot = \_\_\_\_\_



Yogurt = \_\_\_\_\_

Taste

Describe the taste of these foods using sensory words?



Smoothie = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Spaghetti Bolognese:



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**EatWell Guide**



Design a main meal which represents the Eatwell Guide and is balanced.

Some examples would be:

- Pasta with a meat/fish, vegetables and a sauce
- Shepherds pie (potato, meat, vegetables, cheese)
- Lasagna (pasta, meat, vegetables, cheese sauce)
- Quiche (pastry, egg, vegetables, meat, cheese)
- Stir fry (meat, vegetables served with rice/noodles)

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

Oils and spreads

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives