

# Topic: Food

# Food

Looking at Risk Foods and how to control Hazards.

READ.

## High Risk Foods

These foods **support** the **multiplication** of harmful **bacteria**.

These foods are usually **high** in **protein** and **moisture**.



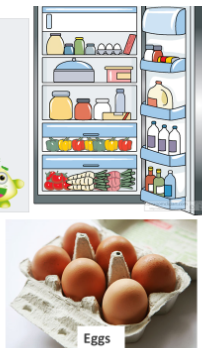
Chicken



Milk



Cooked Rice



Eggs



## Low Risk Foods

Bacteria are **not able to multiply** in dry food or food containing high concentrations of sugar, salt, acid (vinegar - pickled) and other preservatives.



Cereals



Dried Pasta



Bread



Biscuits



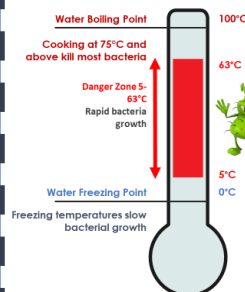
Jam

## Storage

- Must be **refrigerated**.
- Fresh meats should be used within **3-5 days**.
- Ground meats should be used within **2 Days**.
- For longer storage, **freeze** meat.



## Danger Zone



The temperature range within which the multiplication of most foodborne **pathogenic** bacteria is possible.  
**5°C to 63°C**  
Most rapid multiplication occurs between **20°C and 50°C**

## Bacteria

Bacteria needs four things to grow:

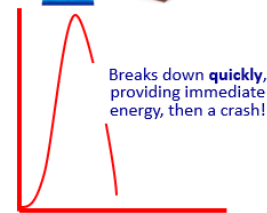


## Carbohydrates

### Starch (Complex carbs)



### Sugars (Simple carbs)



## Hazard Control

Steps	Hazard	Control
Storage	If not stored correctly, food poisoning bacteria could grow and contaminate other food (cross-contamination). Minced beef is a 'high risk' food.	Keep at a safe temperature (fresh minced beef at 5°C or under). Bottom shelf in the refrigerator. Label food with date and use by that date. Rotate stock so oldest food is used first. Use before use by date. Store in a suitable container.
Preparation	If removed from storage too early food poisoning bacteria could grow. Danger of cross-contamination if placed next to raw foods.	Wash hands before handling food. Use clean equipment. Use different boards etc. for different foods. Separate raw and cooked foods. Do not remove from storage.
Cooking	Food poisoning bacteria could survive the cooking process undercooked/not cooked for the correct time.	Check Bolognese sauce is cooked thoroughly (simmer for at least 20 minutes). Check temperature with a food probe. Cook at above 37°C.
Hot-holding	Surviving food poisoning bacteria could grow. Bacteria could produce toxins (poisons) if the temperature drops it could go to the danger zone.	Keep food at 63°C or higher.

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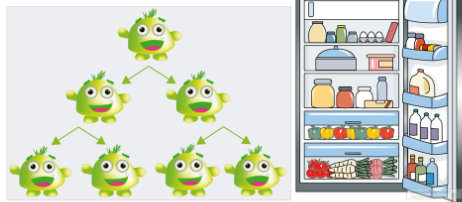
Looking at Risk Foods and how to control Hazards.

RECALL.

## High Risk Foods

These foods \_\_\_\_\_ the \_\_\_\_\_ of harmful \_\_\_\_\_.

These foods are usually \_\_\_\_\_ in \_\_\_\_\_ and \_\_\_\_\_.



## Low Risk Foods

Bacteria are \_\_\_\_\_ in dry food or food containing high concentrations of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (\_\_\_\_\_ - \_\_\_\_\_) and other \_\_\_\_\_.

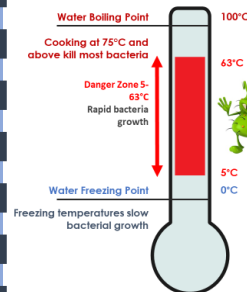


## Storage

- Must be \_\_\_\_\_.
- Fresh meats should be used within \_\_\_\_\_.
- Ground meats should be used within \_\_\_\_\_.
- For longer storage, \_\_\_\_\_ meat.



## Danger Zone

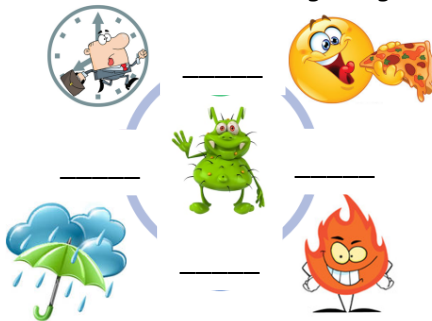


The temperature range within which the multiplication of most foodborne \_\_\_\_\_ bacteria is possible.

\_\_\_\_\_ °C to \_\_\_\_\_ °C  
Most rapid multiplication occurs between \_\_\_\_\_ °C and \_\_\_\_\_ °C

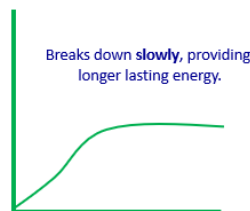
## Bacteria

Bacteria needs \_\_\_\_\_ things to grow:

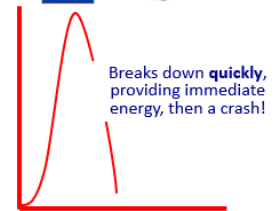


## Carbohydrates

### (Complex carbs)



### (Simple carbs)

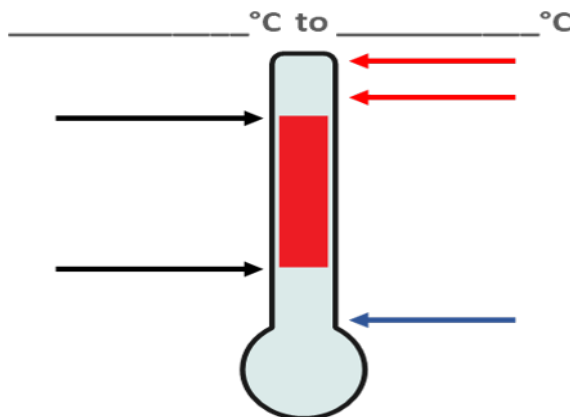


## Hazard Control

Steps	Hazard	Control
_____	If not stored _____, food poisoning _____ could grow and _____ other food (_____ - _____). Minced beef is a '_____ ' food.	Keep at a _____ temperature (fresh minced beef at 5oc or under). _____ shelf in the refrigerator. Label food with date and use by that date. Rotate stock so _____ food is used _____. Use before use by date. Store in a _____ container.
_____	If removed from _____ too _____ food poisoning bacteria could _____. Danger of cross-contamination if placed next to _____ foods.	Wash _____ before handling food. Use clean equipment. Use different boards etc. for different foods. _____ and _____ foods. Do not remove from storage.
_____	Food _____ bacteria could _____ the cooking process undercooked/not cooked for the _____ time.	Check Bolognese sauce is cooked _____ (simmer for at least 20 minutes). Check _____ with a food _____. Cook at above 37oc.
_____	Surviving food poisoning bacteria could grow. Bacteria could produce _____ (_____). If the temperature drops it could go to the danger zone.	Keep food at _____ oc or higher.

## Critical Temperatures

1. Label the critical temperatures on the thermometer:
2. Label the 'Danger Zone' on the thermometer:
3. What is the 'Danger Zone' on the temperature range?



5. What are the four conditions bacteria need to multiply?

\_\_\_\_\_

\_\_\_\_\_

6. How do bacteria multiply?

\_\_\_\_\_

7. High risk foods are high in: \_\_\_\_\_ and \_\_\_\_\_

8. Give four examples of high risk foods:

\_\_\_\_\_

\_\_\_\_\_

8. Give two examples of low risk foods:

\_\_\_\_\_

\_\_\_\_\_

## Health, Safety &amp; Hygiene

1. Identify 2 personal hygiene rules.

\_\_\_\_\_

\_\_\_\_\_

2. Identify 2 rules when handling knives.

\_\_\_\_\_

\_\_\_\_\_

3. Which types of bacteria is found mainly in raw chicken and eggs?

\_\_\_\_\_

4. How can cross-contamination be prevented?

\_\_\_\_\_

\_\_\_\_\_

5. What are the danger zone temperatures?

\_\_\_\_\_ - \_\_\_\_\_

6. Explain what happens when food is left in the danger zone? What are the risks?

\_\_\_\_\_

\_\_\_\_\_

Hazard Control

Choose any dish we have made and produce a HACCP chart for it.
