

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/pâte 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:



sight	aromatic	fresh	spicy	floral	bland	tainted
hearing	perfumed	bitter	savoury	rotten	sweet	citrus
smell	strong	mild	fragrant	musty	weak	scented
taste	brittle	rubbery	short	stodgy	bubbly	gritty
touch	sandy	mushy	tender	soft	firm	flaky

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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

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To describe properties we use describing words such as:

sight	aromatic	spicy	floral	citrus
hearing	bitter	rotten	sweet	scented
smell	strong	fragrant	musty	
taste	brittle	short	bubbly	
touch	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 = _____

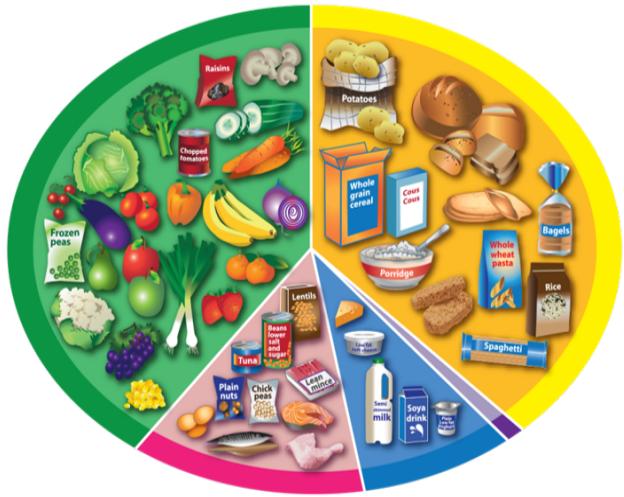


Smoothie = _____

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)

