# Food safety knowledge organiser

## Critical temperatures

100°C– temperature water boils at

75°C– temperature food is safe to eat

5-63°C—danger zone ( where bacteria multiply quickly)

37 °C—body temperature (where bacteria multiply fastest)

0-5°C—fridge temperature

-18°C—temperature a freezer runs at

## Food storage

Temperature control—ensure food is stored at the correct temperature

Best before—you can still eat after this date but the sensory properties may be compromised.

Use by date - after this date foods are unsafe to eat.

Separate raw and cooked food

## Food poisoning

Campylobacter –poultry, milk and milk products

E.coli— undercooked meat, unwashed fruit

Salmonella - undercooked or contaminated meat, beansprout

Listeria - pate, cooked chicken, prepared salads, soft cheeses

Staphylococcus aureus—unpasteurised milk, meat and meat products

## Independent study tasks

1 Use the template of the fridge and write on where things should be stored and why.

2 Use the following website www.food4life.org.uk/learning-areas/key-stage-3/food-safety-and-hygiene and produce an A3 poster on food safety and spoilage.

3 Produce a revision for topics in this unit.

## The importance of yeasts, moulds and enzymes.

Yeasts - used to make bread and used in alcohol production. Single celled organisms. They prefer to grow on moist, acidic foods.

Moulds - these are tiny fungi that produce thread like filaments. Mould growth can be speeded up in high humidity.

Enzymes - made from proteins and used to speed up chemical reactions. Enzymes can be destroyed by heat or acid.

## What should be included in an evaluation

Explain briefly what you made and how.

Write three things you liked and why.

Draw a star profile

Complete a nutritional analysis

Complete a costing

Explain how to make it cheaper and healthier.