

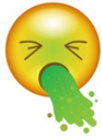
Food and Nutrition Knowledge Organiser: Year 7— Term 2

Key words

- **Food spoilage:** when food deteriorates so that its quality is reduced or it can no longer be eaten.
- **Food poisoning:** an illness caused by eating contaminated food.
- **High-risk foods:** ready-to-eat moist foods, usually high in protein.
- **Bacteria:** microscopic living organisms, which can be found everywhere.
- **Binary Fission:** how each bacterium reproduces and splits in two.
- **Temperature Danger Zone:** temperatures between 5°C and 63°C where most bacteria can multiply.
- **Dormant:** when bacteria are inactive and cannot grow at all.
- **Temperature probe:** a device with a metal spike which takes the temperature of food.
- **Ambient Food:** Foods that can be safely stored at room temperature.

Food Poisoning

- Causes symptoms such as nausea, vomiting, diarrhoea, dizziness, high temperature.

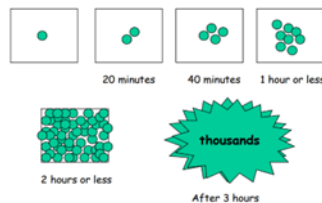


- Caused by bacteria that are allowed to reproduce in food due to incorrect handling.

Bacteria Reproduction

- Bacteria can reproduce rapidly, they divide into two approximately every 20 minutes, in the right conditions.
- To reproduce bacteria need warmth, time, moisture and food.

Bacteria Multiply by Dividing



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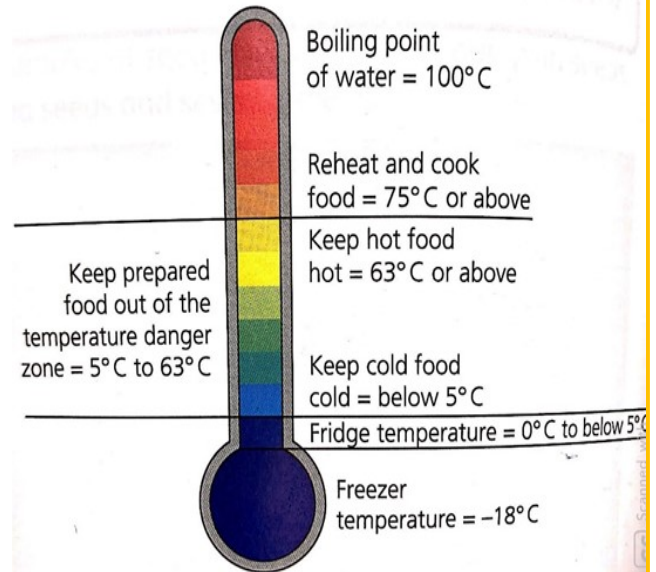


High Risk Foods

- Foods that are moist, high in protein and generally ready to eat.
- E.g. cooked chicken, dairy, cooked rice, gravies and stock, shellfish.

Temperature Control

- Bacteria grow rapidly in the danger zone 5°C—63°C.
- Below 5°C (fridge) bacteria growth slows down.
- At -18°C (freezer) bacteria growth stops (the bacteria is not killed).
- Food should be heated to above 75°C to destroy most bacteria—the food must be at this temperature for at least 2 minutes



Preventing Bacterial Growth

The 4C's can help prevent bacteria growth:-

- ◇ Cleaning
- ◇ Cooking
- ◇ Chilling
- ◇ Cross Contamination



Fridge Safety



READY TO EAT FOOD
Such as dairy products, yoghurt & cream

READY TO EAT FOOD
Such as cream cakes, butter, cooked meats, leftovers & other packaged food.

RAW MEAT, POULTRY & FISH
Always cover & keep in sealed containers.

SALAD, FRUIT & VEGETABLES
Keep ready to eat fruit and vegetables in sealed bags or containers, always wash before use.

Thermometer/Food Probe

Used to measure the internal temperature of food.

- Clean with antibacterial wipe before and after using
- Insert probe into the centre of food—don't touch the sides of the container.
- Leave probe in place until temperature stabilises. Temperature must reach 75C or more.
- It is only temperature which guarantees destruction of harmful bacteria in the food.
- Do not place probe into another food before cleaning with antibacterial wipe.

