

Food Preparation & Nutrition

Yr8 Food – Term 1/ Autumn



North Oxfordshire Academy
The best in everyone™
Part of United Learning

KNOWLEDGE ORGANISER

Hazard Analysis Critical Control Points	Type of hazard	Example
	Biological	Salmonella in chicken
	Chemical	Contamination from cleaning materials, e.g., bleach
	Physical	Damaged packaging, glass found in food
	Allergical	Allergens contaminating other foods

BUYING TRANSPORTING STORING COOKING

Conditions needed for Bacteria to grow

- TIME
- FOOD
- MOISTURE
- WARMTH
- CORRECT PH

Removing one of the conditions reduces the ability of the bacteria to grow

- Cook food thoroughly
- Cooked and raw foods should be kept separate
- Store food in the correct place
- Keep workspace clean
- Keep yourself clean
- Don't cough or sneeze over food
- Wash hands regularly



Food Storage: expiration dates



USE BY

vs.

BEST BEFORE

you've got until the end of this date to use or freeze the food before it becomes too risky to eat

you can eat food past this date but it might not be at its best quality

High Risk Foods

Foods that provide ideal conditions for pathogenic bacteria to grow.

- Meat, meat products and poultry
- Milk and dairy products
- Eggs
- Shellfish and seafood
- Prepared salads and vegetables
- Cooked rice and pasta

Temperature control is vital to minimise the risk of food poisoning!

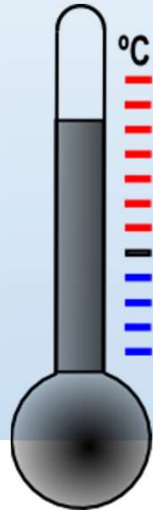
Bacteria reproduce by binary fission



SCAN ME



Scan to learn how to cook your food



- **-18C** Bacteria are dormant and not able to reproduce
- **0-5C** Bacteria are sleeping and reproduce extremely slowly
- **5-63C** Bacteria reproduce most actively, this is known as the **Danger Zone**
- **37C** Optimum temperature for bacteria to reproduce, same as our body!!!
- **75C** Bacteria start to be destroyed and are not able to reproduce.

SYMPTOMS SOURCE

LISTERIA	diarrhea, fever, muscle aches	unpasteurized milk, soft cheeses
CAMPYLOBACTER	nausea, fever, cramps, diarrhea	raw milk, raw meat
CLOSTRIDIUM PERFRINGENS	nausea, vomiting, pain, diarrhea	stews, soups, gravies held at warm temperature
SALMONELLA	diarrhea, chills, fever, vomiting, cramps	undercooked poultry, eggs or products containing eggs
ESCHERICHIA COLI	cramps, diarrhea, fever, vomiting	contaminated ground beef, unpasteurized juice, milk

PREVENTING



WASH HANDS AND SURFACES OFTEN



SEPARATELY KEEP RAW AND FINISHED PRODUCTS



THOROUGHLY WASH FRUITS AND VEGETABLES



COOK TO THE RIGHT TEMPERATURE



CHECK BEST BEFORE DATE



IF IN DOUBT THROW IT OUT

SYMPTOMS



NAUSEA



VOMITING



DIARRHEA



HEADACHE



FATIGUE



FEVER



CRAMPS



ABDOMINAL PAIN