

Y10 – KO3b - GCSE FOOD PREPARATION AND NUTRITION: FOOD SAFETY

F AMBIENT FOOD

	TERM	EXPLANATION
1	AMBIENT FOOD	Food that can be safely stored at room temperature.
2	STORING AMBIENT FOODS	<ul style="list-style-type: none"> Kept in a sealed container. Stored in a cool, dry place. Ambient foods can be safe to eat after many months or years.

G BUYING FOOD

	TERM	WHAT TO LOOK FOR
1	FRESH FISH	<ul style="list-style-type: none"> Moist skin. Bright red gills. Firm flesh. A fresh smell. Clear shiny eyes, not sunken. Firm attached scales, not flaking.
2	FRESH MEAT	<ul style="list-style-type: none"> A firm springy texture. A fresh smell Not too much fat. A bright red/pink colour. Moist flesh but not too wet and slimy.
3	FRESH VEGETABLES / FRUIT	<ul style="list-style-type: none"> A good bright colour. An undamaged skin. No mould growth. A smooth unwrinkled skin. Not too much soil. A firm texture.