

Y10 – KO3a - GCSE FOOD PREPARATION AND NUTRITION: FOOD SAFETY

A HYGIENE

| | TERM | DEFINITION |
|---|-------------------------|---|
| 1 | PERSONAL HYGIENE | following certain routines to make sure a person does not contaminate food with bacteria from their bodies. |
| 2 | KITCHEN HYGIENE | Certain routines that reduces the contamination of food and transmission of disease. |

B MICROORGANISMS

| | TERM | EXPLANATION |
|---|---|---|
| 1 | MICROORGANISMS | They are tiny living things found everywhere e.g. air, soil, people, equipment, surfaces, sewage, clothing, rubbish, animals etc. |
| 2 | CONDITIONS NEEDED FOR MICROORGANISMS TO GROW | <ul style="list-style-type: none"> • A warm temperature. • Plenty of moisture. • Plenty of food. • The right pH (not too acidic not too alkaline) • Enough time (bacteria can split every 10-20 minutes) |

C CONTAMINATION

| | TERM | DEFINITION |
|---|--------------------------------|--|
| 1 | BACTERIAL CONTAMINATION | Making a food unsafe to eat by allowing it to come into contact with microorganisms that will grow and multiply in it. |
| 2 | CROSS CONTAMINATION | Cross contamination is how bacteria is spread from one source to another. |

D KEY TEMPERATURES

| | TERM | EXPLANATION |
|---|-----------------------------|--|
| 1 | COOKING / RE-HEATING | <ul style="list-style-type: none"> • Cooking food above 75C kills bacteria. • Reheating food should only be done once at 75C • Use a temperature probe to ensure food has reached 75C or above. |
| 2 | CHILLING | <ul style="list-style-type: none"> • Keeping food between 0C – 5C slows the growth of bacteria. • Extends the shelf life of food. |
| 3 | THE DANGER ZONE | <ul style="list-style-type: none"> • Bacteria grow and multiply quickly in temperatures from 5C – 63C. • This is called the danger zone. • Optimum temperature for bacteria to grow is 37C. |
| 4 | FREEZING | <ul style="list-style-type: none"> • Freezing food below -18C stops bacterial growth – they become dormant. • Freezing greatly extends the shelf life of a product. • Nutrients aren't lost when food is frozen • Bacteria becomes active again when food is defrosted. |

E STORING FOOD

| | TERM | EXPLANATION |
|---|---|--|
| 1 | REASONS WHY WE STORE FOOD | <p>. There are three main reasons why we need to store food:</p> <ul style="list-style-type: none"> • Preserve the flavour, appearance and nutritional value. • Prevent the food from becoming spoiled and unsafe to eat. • Prevent food wastage. |
| 2 | SUITABLE MATERIALS TO STORE FOOD | <ul style="list-style-type: none"> • Paper e.g. greaseproof. • Glass • Met.al e.g. aluminium foil wrap, tins. • Plastics e.g. plastic bags, cling film . |