

Y10 – KO3c - GCSE FOOD PREPARATION AND NUTRITION: FOOD SAFETY – FOOD POISONING

A FOOD POISONING

	TERM	EXPLANATION
1	SYMPTOMS	Symptoms of Food Poisoning include: <ul style="list-style-type: none"> • Sickness. • Diarrhoea. • Stomach cramps. • Fever.
2	HOW DO YOU GET FOOD POISONING	<ul style="list-style-type: none"> • Eating contaminated food containing pathogenic bacteria – it can take a few hours to several days before you get symptoms. This is called the incubation period/Onset time. • There are many different types of bacteria.

B CAMPYLOBACTER

	TERM	EXPLANATION
1	ABOUT CAMPYLOBACTER	<ul style="list-style-type: none"> • Most common in the UK.
2	MAINLY FOUND	<ul style="list-style-type: none"> • Raw or uncooked poultry. • Raw meat. • Untreated milk / water.
3	ONSET TIME	<ul style="list-style-type: none"> • 2-5 days.

C E. COLI O157

	TERM	EXPLANATION
1	ABOUT E. COLI O157	<ul style="list-style-type: none"> • Lives in the intestines of animals. • Most types are harmless but E. Coli O157 can cause kidney damage and death.
2	MAINLY FOUND	<ul style="list-style-type: none"> • Raw beef. • Unwashed vegetables and salad leaves. • Untreated milk / water.
3	ONSET TIME	<ul style="list-style-type: none"> • 1-3 days.

D LISTERIA

	TERM	EXPLANATION
1	ABOUT E. COLI O157	<ul style="list-style-type: none"> • It can grow in cold temperatures. • Pregnant women are at higher risk of infection as it can lead to miscarriages.
2	MAINLY FOUND	<ul style="list-style-type: none"> • Soft cheeses. • Pate. • Shellfish.
3	ONSET TIME	<ul style="list-style-type: none"> • Up to 70 days.

E SALMONELLA

	TERM	EXPLANATION
1	ABOUT SALMONELLA	<ul style="list-style-type: none"> • Usually found in the digestive tract of animals. • Water and soil can be contaminated through sewage or manure.
2	MAINLY FOUND	<ul style="list-style-type: none"> • Raw poultry. • Milk. • Eggs.
3	ONSET TIME	<ul style="list-style-type: none"> • 6-72 hours.

F STAPHYLOCOCCUS AUREUS

	TERM	EXPLANATION
1	ABOUT S. AUREUS.	<ul style="list-style-type: none"> • Many people carry this on their skin and mucous membranes. • It can be transmitted in a number of ways: air droplets, direct contact with objects.
2	MAINLY FOUND	<ul style="list-style-type: none"> • Skin, hair and in the noses of animals and people.
3	ONSET TIME	<ul style="list-style-type: none"> • 1-6 hours.