

Food safety means preventing contamination, spoilage and decay when handling and storing food,

Clean hands. Hair tied back. Wear an apron. Wear blue plasters. Don't cough/sneeze over food.

## KEY PROCESSES:

**Grilling-** is a form of cooking that involves dry heat applied to the surface of food, commonly from above, below or from the side

**Peeling-** remove the outer covering or skin from (a fruit or vegetable).

**Whisking-** beat or stir (a substance, especially cream or eggs) with a light, rapid movement.

**Test for readiness-** Use a temperature probe, knife, skewer, finger or poke test, bite, visual colour check or sound to establish whether an ingredient or recipe is ready.

**Tenderise and marinate-** How acids denature protein.

**Marinades-** add flavour and moisture when preparing vegetables, meat, fish and alternatives.

What are three symptoms of food poisoning?



- A Fever
- B Sore throat
- C Sickness
- D Diarrhoea
- E Runny nose
- F Itchiness

## Check the use-by dates

The use-by date is on food packaging for a reason. Eating food that's past its use-by date can make you ill. Best before dates (sometimes shown as BBE) are about quality. The food will be safe to eat after the best before date but may not be at its best.



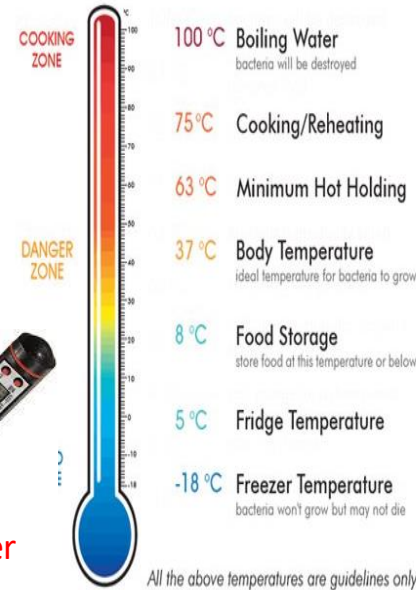
Know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically.

What temperature should meat be to check it is cooked?

**Danger Zone**  
5-63C



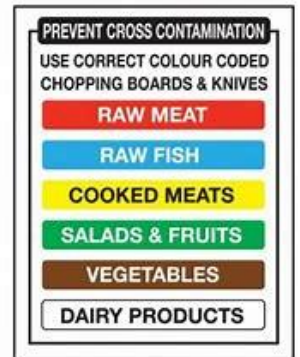
## BBQ Foods



## Burgers and Potato Salad



Cross-contamination is the physical movement or transfer of harmful bacteria from one person, object or place to another. Preventing cross-contamination is a key factor in preventing foodborne illness.



## Storing ingredients

