

KNOWLEDGE ORGANISER: Contamination/food poisoning

How can food poisoning affect us?



Food poisoning can be very unpleasant ...and dangerous!

Signs and symptoms may be...

- sickness, diarrhoea, stomach cramps and fever
- or at worst...
- **Can be fatal !! Did you know there were around 180 deaths from food poisoning last year in the UK?**



Types of Contamination



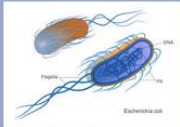
Toxic

The 3 main types are:

- physical – something you can SEE
- chemical – chemicals (liquid or gas)
- bacterial – micro organisms causing disease

The most important and dangerous type of contamination is...?

Bacterial



The most common food poisoning bacteria are:

Salmonella, campylobacter, clostridium perfringens, listeria and norovirus.

Do you know the 4 things bacteria need to reproduce?

- FOOD
- MOISTURE
- WARMTH
- TIME



If we remove one or more of these factors, the chance of bacterial growth is reduced or removed

Cross contamination – a common cause of food poisoning

~~Cross Contamination~~
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- This is a very important term in food hygiene...
- It means when harmful bacteria is spread or put onto food from other foods, surfaces, hands and equipment.
- Examples such as...
- High risk foods/Dishcloths/tea towels/utensils/chopping boards/people

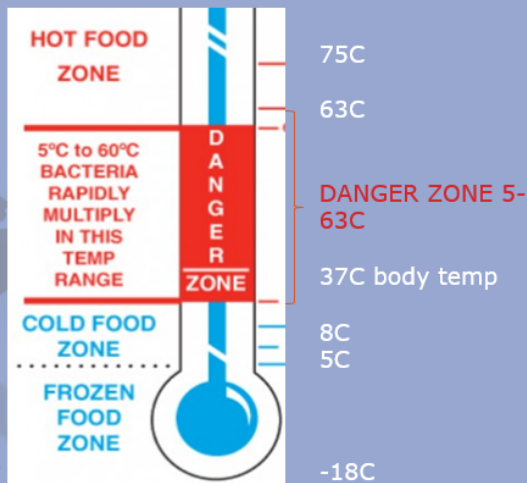


Colour coded equipment

- In catering kitchens, some of the equipment is colour coded. Usually chopping boards and sharp knives. This is to **prevent or reduce cross contamination** between raw and cooked foods. Each colour represents a different type of food.



Important temperatures for food safety



75C – the cooked core temp of food – it should always reach this as a minimum temp.
63C – this is the minimum temp hot food should be 'held' at – (like the foods in hot cabinets in the chip shop or Greggs bakery)

The **danger zone** is the range that bacteria LOVE and can reproduce rapidly. This zone 5-63C should be avoided to keep food safe to eat.

8C is the maximum for chilled foods
5C is the maximum temp for fridges. Bacteria reproduction SLOWS down in the fridge.

-18C is for freezers and bacteria is dormant (inactive) at this temp.

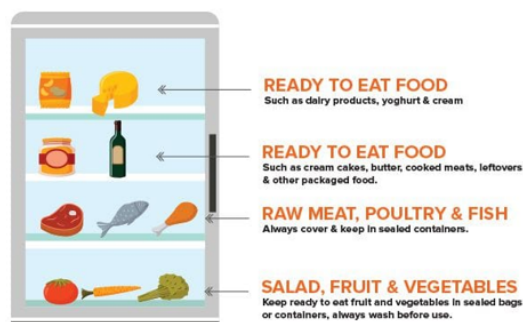


Cooked food is tested for the SAFE temperature using a TEMPERATURE PROBE.

Cooked foods should have a core temperature of 75C

Storage in the fridge

<https://www.highspeedtraining.co.uk/hub/fridge-shelves-storage-3rd/>



(the bottom shelf is a vegetable drawer).

Top Tips:
Ready to eat foods should be stored at the top of the fridge, away from raw foods to prevent CROSS CONTAMINATION.

Cover/wrap foods

Raw foods should be in sealed containers to stop them dripping or touching other foods. They should be on the bottom shelf

Put air holes in plastic fruit/veg bags to stop condensation.



A fridge should have a thermometer to check it is 0-5C

The 4 C's

- **To help keep food safe to eat we can remember The 4 C's**
- **Cleaning** – keeping surfaces and equipment CLEAN to prevent bacterial growth. 'Clean as you go'
- **Cooking** – Check the core of cooked food is 75C and then kept at a minimum of 63C before eating. Check food is 'piping or steaming' hot.
- **Chilling** – reducing the temperature below 5C to slow down the bacterial growth. 90 minute rule for foods left out of the fridge 'to cool'
- **Cross contamination** – preventing the transfer of bacteria from one surface to another especially from raw to cooked foods.