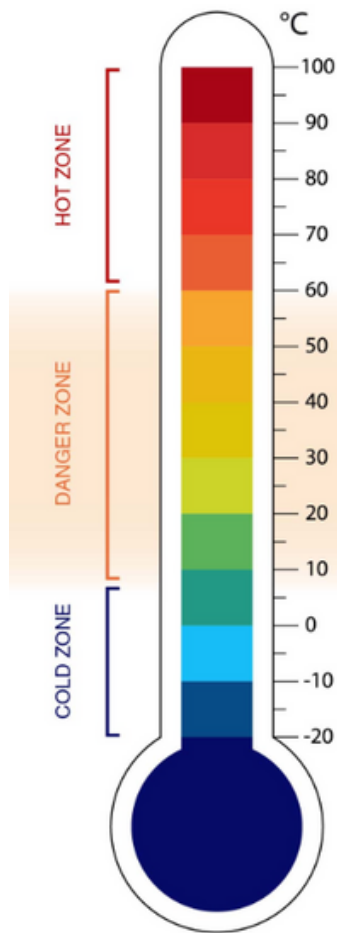


# YR7 Knowledge Organiser: Food safety

## Temperature Control



- **Hot Zone:** 75°C+ food is cooked, bacteria killed.
- **Danger Zone:** 5-63°C - bacteria multiply rapidly.
- **Cold Zone:** 0-5°C fridge storage, slows bacterial growth.
- **Frozen Zone:** -18°C or below - food is frozen, bacteria inactive.

## Key words

Danger Zone  
High risk food  
Food poisoning  
Food spoilage  
Bacteria  
Pathogenic Bacteria  
Non-pathogenic bacteria  
Simmering  
Marinate  
Stir-fry

## Cooks

### Pizza: Food skills

- Making a dough.
- Kneading



### Bolognese: Food skills

- Chopping.
- Using the hob.



### Carrot cake: Food skills

- Using electrical equipment.
- Making a cake batter.



### Scone: Food skills

- Weighing
- Rubbing in method
- Safety
- Using the oven



### Easter Cake: Food skills

- needs adding
- needs adding



**IMPORTANT!!**- Always check the classroom for your set ingredients and what practical you have.

## Food Storage

**Fridge:** Milk, cheese, cooked meats - keep below 5°C.

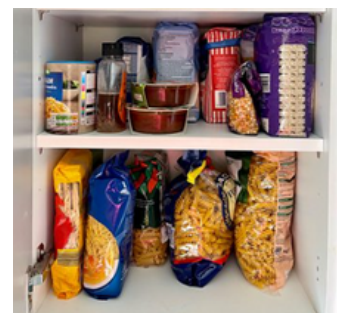


**Freezer:** Frozen vegetables, raw meat - store at -18°C or below.



### Cupboard:

Canned food, pasta, cereals - store in a cool, dry place.



### Worktop:

Fruit, bread short-term storage at room temperature.



## Food Poisoning

Common bacteria:

- Salmonella: raw eggs, poultry.
- E. coli: undercooked beef, contaminated water.
- Listeria: soft cheeses, ready-to-eat meats.
- Campylobacter: raw poultry.

Symptoms: Nausea, vomiting, diarrhoea, stomach cramps, fever.

## Where Bacteria Comes From

- Raw foods: e.g. raw meat, unwashed vegetables.
- Work surfaces & equipment: dirty chopping boards, knives.
- Food handlers: unwashed hands, illness.
- Pests: flies, rodents.
- Waste food & rubbish: attracts pests, encourages bacteria growth.

**Use-by date:** tells us that we must only use the product up until that date. It isn't safe to eat food after the use-by date.

**Best-before date:** means that after that date, the food may not taste as good. As long as the product has been stored correctly, it is usually still safe to eat after the best-before date.

**Handwashing** is crucial for food safety to prevent the spread of harmful bacteria and foodborne illnesses. Washing your hands thoroughly with soap and warm water before, during, and after food preparation can significantly reduce the risk of contamination.

Revision Questions.

What is the “Danger Zone” for food temperatures, and why is it dangerous?

Name two types of food that should be stored in a fridge and explain why.

Which bacteria is linked with raw poultry, and what illness symptoms might it cause?

List two common sources of bacteria in the kitchen and how they can be controlled.

What is the correct cooking temperature to kill harmful bacteria in food?