

Food Knowledge Organiser Year 9. Food Safety

Subject/Topic: Preparing Food Safely	Subject/Topic: Cooking Food Safely
<p>Key ideas:</p> <p>Think carefully about the steps you must take to reduce the risks when preparing food.</p> <p>Preparing – following personal hygiene procedures, careful selection and use of equipment and considering any special care your ingredients may need.</p>	<p>Key ideas:</p> <p>To become aware of the procedures you must follow when using a variety of ingredients.</p> <p>Cooking – Understanding key temperatures to cook to, awareness of high-risk foods and how to test.</p> <p>Serving – Temperature to heat high risk foods to, safe time food can be left standing at room temperature and the importance of covering food whenever possible.</p>
<p>Keywords</p> <p>Microorganism – A tiny living thing that includes bacteria, moulds and yeasts.</p> <p>Cross-contamination – Transferring potentially harmful bacteria (or other microorganisms) from one to another, e.g. from raw food to ready-to-eat food via work surfaces, equipment or your hands.</p> <p>Ambient food – A food that can be stored at room temperature.</p> <p>High risk food – A ready-to-eat food that, if not stored correctly, could grow harmful microorganisms.</p> <p>Use the above and think carefully about the information along with the demonstrations you have recently seen in your Food lessons.</p> <div data-bbox="168 847 999 1023"> </div>	<p>Keywords</p> <p>You should know the following:</p> <p>The temperature food must safely be cooked to: 75°C.</p> <p>The Danger Zone – The range of temperatures 5°C to 63°C in which bacteria multiply very rapidly.</p> <p>The temperature your fridge at home should operate at: 2-4°C. The temperature of a domestic freezer: -18°C</p> <p>How to store a variety of foods in a fridge safely, use the guidelines below and what you have learnt during recent lessons.</p> <p>Top shelf – Dairy foods e.g. cream, cheese, creamy desserts</p> <p>Middle Shelves – cooked meats, pate, cooked meat pies</p> <p>Bottom Shelf – covered raw meat and fish</p> <p>Salads should be in lidded boxes in the crisper, they must be separated from raw meat/fish.</p>
<p>Tasks: Explain how each of the following is a safety risk:</p> <ol style="list-style-type: none"> 1. Preparing all meals on one chopping board. 2. Allowing my pet cat Beauty on the kitchen work surfaces. 	<p>Tasks: Frying through the Danger Zone</p> <ol style="list-style-type: none"> 1. Temperature control is really important, so make sure you can recall all of the critical temperatures above 2. Draw an outline of a fridge and position the following foods into it correctly: raw beef, trifle, packet of cooked ham, bottle of milk.