Key words	
Bacteria	A unicellular microorganism: can be beneficial or harmful
Danger zone	A range of temperatures in which bacteria can grow and thrive
Deteriorate	Getting progressively worse over-time
Contaminate	When harmful bacteria is present in food
Enzymes	Speed up reactions
High-risk foods	Foods at higher risk of contamination: typically high in protein and moisture
Low-risk foods	Foods at lower risk of contamination: typically high in sugar, low in protein
Micro-organisms	Microscopic organisms
Shelf-life	Length of time a product remains useable

The 4 Cs	
Cooking	. Make sure the food is cooked thouroughly (especially meat) so any harmful bacteria can be killed.
Chilling	. Some foods need to be chilled so that bacteria cannot grow
Cross-contamination	. Make sure that raw and cooked food are separated. Use different equipment for different food groups
Cleaning	. Clean and disinfect work surfaces between tasks and clean hands thoroughly

Key temperatures

. 18°C - Min temperature of the freezer
. 0°C - Bacteria dormant
. 0°C-5°C - Fridge temperature range
. 5°C - The lower limit of the danger zone
. 63°C - Upper limit of the danger zone
. 70°C - Core temperature of cooked food for 2mins at thickest part
. 75°C - Core temperature of food for 30secs at thickest part. Min temp of reheated food
. 100°C - Boiling point. Bacteria dies

The 4 conditions required for bacterial growth are nutrients, time, moisture and warmth.

Personal Hygiene Rules

. Hair should be tied up/covered
. Hands should be washed
. No coughing/sneezing near food
. No jewellery

. By following these personal hygiene rules, germs won't spread.

Main causes of food poisoning

. Microwaves don't evenly heat food
. Use of cooked/chilled foods
. Food not stored at the correct temperatures
. Poor personal hygiene
. Food not heated at the correct temperature

High/Low risk foods

High risk foods are high in protein and moisture	Low risk foods are high in sugar and low in protein and moisture
Examples include:	Examples include:
Poultry, seafood, meats, cheese, cooked rice, soups, milk	Jam, syrup, marmalade, sweets, icing, raw potatoes, dried pasta, carrots
	Have a best before date: the product can still be eaten after that

Types of food poisoning bacteria

Bacteria	Source
Salmonella	Poultry, eggs
E-coli	Raw meat, Raw milk
Listeria	Raw, processesed and cooked foods
Bacillus cereus	Cereals, especially rice