

Study the images of the foods in the table, then choose the best method of storage. Identify the reasons why you chose that method.

Storage options	Reasons
Refrigerator	It is a high-risk food so must be chilled to slow microbial growth.
Well ventilated cupboard or room (not in kitchen)	It is a low-risk food that does not need to be chilled.
Kitchen cupboard	It is a high-risk food because it has been opened and must be chilled.
Air tight container	It is likely to go stale and soft because it will pick up moisture from the air.
In a dark, cool place	It may be contaminated by insects if it is left uncovered.
Uncovered in a kitchen or other room	It is likely to react to light and become a health risk.
	It needs time to ripen.
	It will lose water and wilt if left in a warm place.

Food	Storage	Reason
Cooked sausages 		
Can of fish – unopened 		
Lentils 		
Raw meat 		
Raw potatoes 		

Food	Storage	Reason
Previously cooked food 		
Raw poultry 		
Pasta 		
Fresh salads 		
Uncooked rice 		
Fresh milk 		
Cookies 		

Activity: Buying food – things to look out for

6b

Look at the diagrams and statements below. Add the correct statements to the correct diagram.

Things to consider when buying...

Clear and shiny eyes	A smooth and unwrinkled skin	A firm and crisp texture
Not too much soil attached	A bright red/pink colour	Bright red gills
Not too much fat	A firm and springy texture	Moist but not slimy
A fresh smell	Firmly attached scales	A bright colour
No mould growth	A fresh smell	Moist but not slimy
A firm and crisp texture	No wilting	Firm flesh
		An undamaged skin

Fish



Meat



Vegetables



Activity: Buying food – wordsearch

6c

There are 14 terms hidden in the grid below. First answer the clues, then find them in the grid.

A	E	R	F	F	G	H	J	K	A	C	V	B	H	Y	T	R	D	D	S
A	F	R	E	S	H	R	F	N	R	Q	H	Y	K	D	T	F	G	J	P
S	D	G	V	E	E	Y	G	M	F	U	I	H	N	G	R	T	R	R	M
D	D	H	B	L	D	U	Y	N	G	H	G	H	M	Y	O	R	G	S	H
F	S	Y	N	L	E	Y	T	M	H	J	H	H	G	H	T	P	A	H	F
G	U	S	E	B	Y	G	P	E	R	I	R	I	S	H	A	B	L	E	Q
R	S	I	R	Y	D	F	E	V	J	Z	I	G	F	N	T	J	I	L	R
E	D	O	A	D	R	Y	G	O	O	D	S	F	G	M	I	K	C	F	F
U	C	K	G	A	B	V	H	E	L	Z	K	D	H	N	O	L	H	L	U
Y	N	J	A	T	F	B	N	R	P	C	N	S	U	V	N	M	S	I	H
N	Q	W	B	E	S	T	B	E	F	O	R	E	R	C	R	G	X	F	W
F	X	J	A	Q	D	M	U	G	I	Z	I	D	P	F	G	D	Z	E	H
B	V	J	C	W	F	M	R	H	R	T	H	G	P	T	J	S	K	Q	D
N	F	T	T	D	R	M	N	R	M	O	U	L	D	D	J	F	I	G	G
R	D	E	E	C	F	K	U	F	F	Y	F	M	F	F	W	W	N	D	M
F	N	R	R	E	F	R	I	G	E	R	A	T	I	O	N	J	J	K	G
B	M	D	I	H	C	U	W	T	Z	J	L	P	H	K	Y	H	E	K	R
Y	J	F	A	M	B	I	E	N	T	K	M	J	R	H	G	B	N	B	D
F	D	A	S	D	E	R	T	X	H	X	X	G	F	D	S	M	S	N	M
J	D	Q	W	S	D	D	F	G	H	J	K	L	B	N	M	D	I	E	R

- Fresh fish should smell _____.
- The date by which food should have been sold. _____
- Foods such as cream and eggs can be affected by bacteria quickly. They are _____ foods.
- When food is sold in order of its age the shop is selling food in _____.
- Food which can be affected by bacterial contamination is termed _____.
- The length of time food can be stored for _____.
- Food stored in bottles, cans and packets is known as _____.
- The date by which food should be eaten to maintain its quality. _____
- The date by which food should have been consumed. _____
- Frozen food stored incorrectly can suffer from freezer _____.
- If you find spots of this on your fruit, don't buy it. _____
- Tiny organisms that can grow on food and spoil it or make it unfit for consumption. _____
- The process by which food is kept at a cool temperature to inhibit bacterial growth. _____
- Ordinary room temperature – about 19–21°C. _____

Activity: Packaging and labelling

6d

Read the text below. Choose from the terms provided to fill in the gaps.

rotation	bottled foods	soft fruits	pathogenic micro-organisms
cook	use-by date	use-by date	best-before/best-before end
clean	micro-organisms	undamaged	best-before/best-before-end
store	shelf-life	quality	eggs and cream

When buying packaged food it is important to ensure that the packaging is intact and _____ because, if it is, then there is less risk of the food being contaminated by _____.

If the packaging is _____, it shows that it has been stored correctly. It should be possible to read all the information about the food product clearly. This is important because it tells you the ingredients. It also includes:

- the _____ of the food product – how long it will last before it becomes unsafe or unpalatable (unpleasant) to eat
- how and where to _____ it so its shelf-life is preserved
- how to _____ it so it is prepared correctly.

It is also vitally important to check the use-by date or best-before/best-before-end date on the food label or packaging.

The _____ applies to high-risk foods, such as fish, meat, _____, that are most likely to become contaminated with _____, and is the date by which the food should be eaten.

The _____ also applies to perishable foods that spoil easily and quickly, such as strawberries and other _____.

The _____ (of month or year) date applies to low-risk and non-perishable foods such as canned foods, biscuits, breakfast cereals, _____, dried pasta and rice.

The _____ (of month or year) date means that, although the food will still be safe to eat after this date, the _____ may have changed, for example, it may have begun to go stale and changed in texture and flavour.

If the foods on sale are all in date, this shows that the shop is careful to sell the foods in _____ – this means they sell the oldest foods first before they go out of date.



Put these activities into the correct order and indicate where there may be a food hygiene risk or safety hazard. Choose from the options given below the table. Some activities have several risks.

Food hygiene risks/safety hazards to choose from

- Cross-contamination from food handler
- Cross-contamination from other fish
- Cross-contamination from equipment
- Cross-contamination during storage
- Incorrect storage temperature
- Cross-contamination from flies/dust/air
- Incorrect cooking temperature



Activities	Order	Food safety/hygiene risk
Customer takes the fish home		
Customer cooks the fish		
Fish weighed and prepared for customers		
Fish gutted on trawler		
Fish sold at market		
Customer buys the fish		
Fish prepared and set out on display		
Customer stores the fish		
Fish stored in ice box on trawler.		
Fish transported to market		
Fish caught on a trawler		
Fish transported from market to supermarket or fish shop		
Customer serves the fish		

You've been given the job of inspecting a restaurant. You observe these activities during your inspection. Outline the risk involved in each case and then suggest the correct procedures the restaurant owners should be following.



1 You see an uncovered chicken defrosting on the work surface.

Risk	Recommended action

2 The temperature of the refrigerator is 7 °C.

Risk	Recommended action

3 The floor is very wet.

Risk	Recommended action

4 You see a chef chopping salad vegetables on a blue chopping board.

Risk	Recommended action

5 There is raw meat next to the ham on the middle shelf of the refrigerator.

Risk	Recommended action

6 There are uncovered salads that are being kept on the work surface, in full sunlight.

Risk	Recommended action

7 You see a chef use the same knife to fillet a fish and slice some salami.

Risk	Recommended action



You must always take every care to prevent contamination of food. You can contaminate food very easily. Every time you enter a kitchen you should be aware of the risks you present.

The table below provides a list of ways in which you carry bacterial risk. Explain how each could allow contamination to enter the food system in the kitchen and what you need to do to prevent it.

One has been done for you.

Bacteria source	Risk	Prevention
Saliva	Saliva contains millions of bacteria that could contaminate food.	Don't 'double-dip'. Taste food only once before changing or washing the spoon or fork that you have used to taste it each time.
Nose, throat, mouth		
Teeth and gums		
Hair		
Skin		
Sweat		
Hands and arms		
Clothing		
Jewellery		
Faeces		
Urine		
Shoes		