



is that cool?

A fridge's temperature should be kept between 0°C and 5°C. Cool temperatures slow down the rate at which most common bacteria grow in our food – keeping food fresh for longer.



CHECK THIS 1. How to check the fridge temperature

1. Place a fridge thermometer in the middle of the fridge where you can read it immediately when you open the door.
2. Close the door and do not open for several hours, preferably overnight, to give the fridge temperature time to settle.
3. Read the temperature without handling the thermometer.
4. Record the temperature reading by ticking one of the boxes below.

0–5°C 6–12°C other

Is this the correct temperature range for your fridge? Yes/No

Remember: if your fridge temperature reading is higher than 5°C, it should be adjusted.



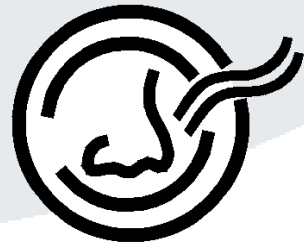
CHECK THIS 2. What happens when you put hot food in the fridge?

- A) Empty a fridge and then place steaming hot food into it. Close the fridge door. After 10 minutes record the fridge temperature. Compare your findings with the result from **CHECK THIS 1**.
- B) Is there a difference in your readings?
- C) What effect might this have on the safety of other food in the fridge?



CHECK THIS 3. Does opening the door make a difference?

1. Open the fridge door five times in one minute. Record the temperature in the fridge. Compare your findings with the result from **CHECK THIS 1**.
2. Describe any differences in your findings.
3. What effect might this have on the safety of other food in the fridge?



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CHECK THIS 2. What happens when you put hot food in the fridge?

CHECK THIS 3. Does opening the door make a difference?