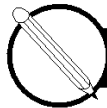


## be a safe food handler



1. Personal hygiene

A) The transfer of harmful bacteria from one food to another. Harmful bacteria can also be transferred to food from another source, such as hands

2. Perishable food

B) Foods that can become unsafe or spoil (go off) quickly if not refrigerated or frozen

3. Cross-contamination

C) Keeping yourself clean

4. Contaminated food

D) Food that contains harmful bacteria

5. Danger zone

E) Cooking food to a safe temperature through to the middle

6. Thorough cooking

F) The range of temperatures at which most bacteria multiply rapidly: between 5 and 63°

7. High-risk foods

G) Foods that provide ideal conditions for pathogenic bacteria to grow



# Faculty of Technology