



cooking and reheating



Read the information below about how to safely cook and reheat food, then answer the questions.

Most food poisoning bacteria will grow at temperatures between 5°C and 63°C – known as the temperature 'danger zone'. Keeping food out of the temperature danger zone will slow down or prevent their growth.

Cook food till piping hot (75°C) and keep hot food hot (above 63°C) before eating. If you reheat food you should heat it until it is hot throughout. Where possible, use a thermometer to check that it has reached at least 75°C.

Heating foods to above 75°C will kill most food-borne bacteria and viruses that can cause illness. Take particular care with stuffed or rolled meats, mince, sausages and whole poultry, all of which should be cooked thoroughly right through to the centre as bacteria are distributed throughout these foods.

If you have cooked a large batch of food that you want to store and eat later, divide up the cooked food into small portions and cool it quickly. You shouldn't put hot food in the fridge (because it would raise the temperature of the fridge), so to cool it you can put it onto a bowl/dish placed in a shallow container of cold water. As soon as it is cool enough, the food should be refrigerated. If you want to freeze some of the cooked food to eat another day, do this as soon as it has cooled.

Cooking does not kill all bacteria. Some bacteria can produce a poison or toxin in the food that is not destroyed by heating. You can't rely on cooking to make poorly handled food safe.

1) What do we mean by 'piping hot'?

2) Why is the temperature between 5-63°C known as the danger zone? List three ways that you can make sure that foods stay out of the danger zone.

3) Describe how you would cool a large pot of chicken curry that you are storing for a party and need to cool quickly. Why can you not put it straight in the fridge?

4) Since all bacteria are not killed by heating, list four things you need to remember so that the food does not become contaminated before heating.