

Match the Words

Match the number with the letter

1. Two hour/ four hour guide	a. The transfer of harmful bacteria or viruses from one food to another. Harmful bacteria or viruses can also be transferred to food from another source, such as hands or dirty surfaces or utensils.
2. Personal hygiene	b. Defrost ready-to-eat foods in the refrigerator or microwave - not on the kitchen bench
3. cross contamination	c. Keeping kitchen surfaces and utensils clean, ensuring dish cloths are allowed to dry and tea towels are changed regularly.
4. Potentially hazardous food	d. Foods that can become unsafe if not refrigerated or held above 60C, for example many precooked dishes such as rice, lasagne, casseroles
5. Contaminated food	e. Cleanliness, keeping yourself clean. Wash your hands before touching or eating food; after touching raw meat, fish, chicken or unwashed vegetables; after using the toilet; after blowing your nose; after touching a pet.
6. Temperature danger zone	f. Cooked, ready to eat food should not be left in the temperature danger zone for any longer than necessary. If it has been in the zone less than two hours, it can be refrigerated or used immediately. If it has been in the zone for 2-4 hours, use immediately. If it has been in the zone for more than four hours, throw it out.
7. Foodborne illness	g. Food that contains harmful bacteria viruses or chemicals.
8. Safe thawing	h. Cooking food to a safe internal temperature. Poultry and meats which have gone through any processing such as hamburgers, sausages or any rolled or stuffed meats must be cooked right through to the centre with no pink left. Whole pieces of meat can be eaten rare.
9. Kitchen cleanliness	i. Sickness caused by eating food contaminated with harmful microbes or chemicals, sometimes called food poisoning.
10. Thorough cooking	j. The range of temperatures at which most bacteria multiply - above 5 and below 60 degrees Celsius

Answers

1. f	2. e	3. a	4. d	5. g	6. j	7. i	8. b	9. c	10. h
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