



## KEY KNOWLEDGE

Cross contamination is the transfer of bacteria from one food to another.

1Tsp (Teaspoon) = 5ml

1Dsp (dessertspoon) = 10ml

1Tbsp (tablespoon) = 15ml

Fridge 0-5°C

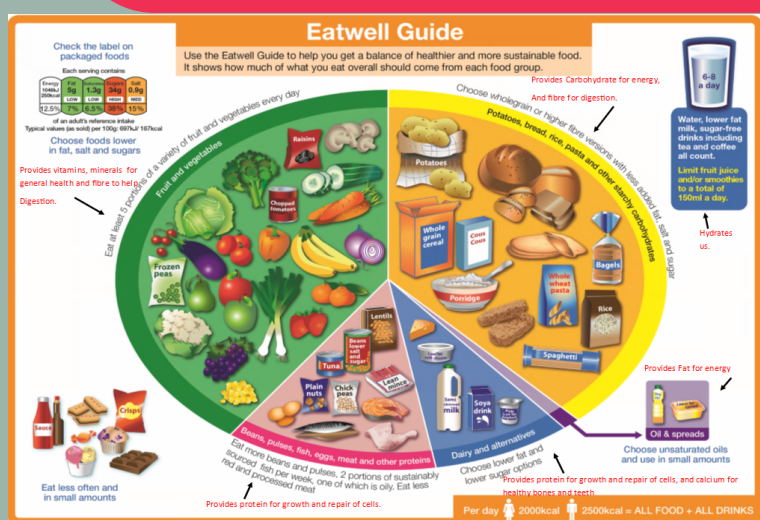
Freezer -18°C

Danger Zone 5-63°C



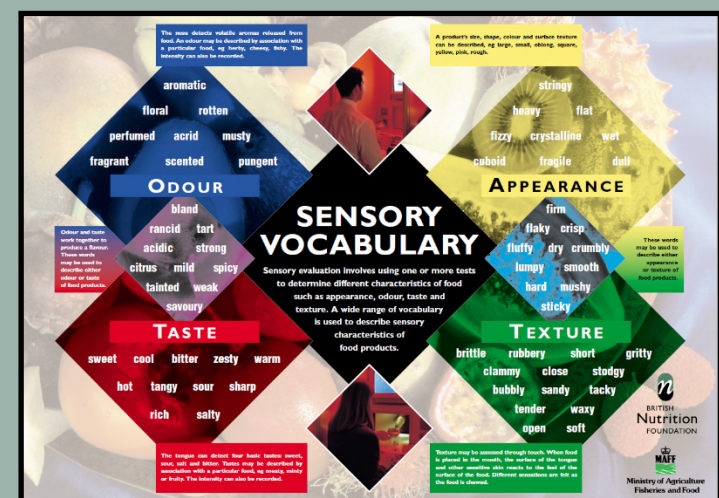
## FURTHER READING

<https://www.food.gov.uk/food-safety>  
<https://www.bbc.co.uk/bitesize/topics/zrdsbk/resources/1> - KS3 Food Technology  
<https://www.nutrition.org.uk/> - Basics of nutrition



## FOOD STUDIES

SPEAK  
READ  
ARTICULATE  
THINK  
QUESTION  
WRITE  
SPELL



## KEY VOCAB

Danger Zone	Date mark	Bacteria	Safety	Moisture
Protein	Cross Contamination	High Risk	Specification	
Justify	Food Poisoning		Analyse	Pathogen

### Label check.

Name of part (Pepper)  
Appearance (Colourful)  
Texture (juicy)  
Taste (sweet)  
Nutrients and job in the body  
(provides fibre for digestion and vitamins and mineral for general health)

