

KEY KNOWLEDGE

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

1Tsp (Teaspoon) = 5ml

1Dsp (dessertspoon) = 10ml

1Tbsp (tablespoon = 15ml

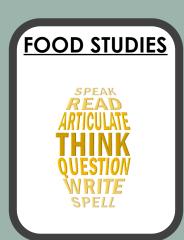
Fridge 0-5°C

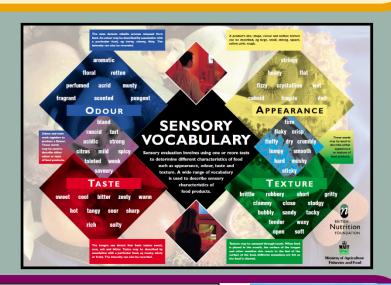
Freezer -18°C

Danger Zone 5-63°C









KEY VOCAB Moisture **Signature Bacteria** Safety Dish Zone **Specification** Protein Cross High Contamination Risk **Commis Chef** Sous Food **Analyse** Chef **Poisoning**

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



the Germomete