

STORING FOOD QUIZ: ANSWERS

1. What is the most common cause of food poisoning?

Harmful bacteria that grow when food (usually meat) is kept for too long or not stored at a cool enough temperature. We can also get food poisoning from untreated water or unpasteurised milk, but this isn't an issue if we drink or use water from the tap or buy pasteurised milk (which most milk is).

2. What are the commonest symptoms of food poisoning?

- Stomach pains
- Diarrhoea
- Vomiting
- Feeling sick
- Dehydration

We usually start feeling ill between 2 hours and 5 days after eating something. We might feel ill for a day or two or for up to a week.

3. Which groups of people are most at risk of food poisoning?

Young children are most at risk because they can get dehydrated very quickly.

4. Which 4 of the following conditions do bacteria need to grow rapidly?

<u>Time</u>	Air	<u>Warmth</u>	Light
Dark	<u>Moisture</u>	<u>Food</u>	Cold

Bacteria need **food, moisture, warmth and time** to grow.

98% cases of food poisoning are caused by bacteria. Bacteria are invisible to us and do not change the appearance, smell or taste of food.

5. Which are the most common foods at risk for food poisoning?

- Raw / uncooked eggs;
- Milk and milk products;
- Cooked meats / poultry;
- Ready to eat products: chilled foods, pre-cooked foods;
- Gravy, soups and stock;
- Cooked rice;
- Fish & shellfish;
- Honey (should not be given to babies under 1 year old due to the risk of botulism).

Pregnant women, elderly people and babies should be extra careful with eggs, soft ripened cheeses (brie, camembert, blue veined cheeses) and patè.

6. When you are shopping what can you check food for to help with food safety?

- Damaged packages
- Use by or sell by date

7. What is the difference between 'Best Before' & 'Use by'

- Best before date tells us about the quality of less perishable foods (canned food, flour, frozen goods)
- Use by dates are for foods that go off quickly (smoked fish, meat products, ready prepared salads). Foods past this date shouldn't be eaten.

8. What is the coldest part of the fridge: the top or bottom?

The bottom is the coldest part of the fridge

Ideally the temperature of the coldest part of fridge is between 0-5°C

9. How should raw meat or fish be stored in the fridge?

In a container in the lowest part of the fridge so it cannot drip on other foods especially cooked foods or salads.

10. When handling raw foods what should you make sure you do?

- Wash your hands before, between and after handling raw and cooked foods
- Use different utensils and chopping boards for raw and cooked foods
- Clean the area you worked in when you've finished

11. How many times can you reheat cooked foods?

- Cooked foods should only be reheated once
- Thaw meats thoroughly before cooking
- Cook foods properly: the centre of meat should reach 70°C

12. How should rice be stored if there are leftovers?

It's important to cool rice quickly and then store it in the fridge. Leftover rice should be eaten the next day and should only be reheated once, any rice not eaten the next day should be thrown away.