

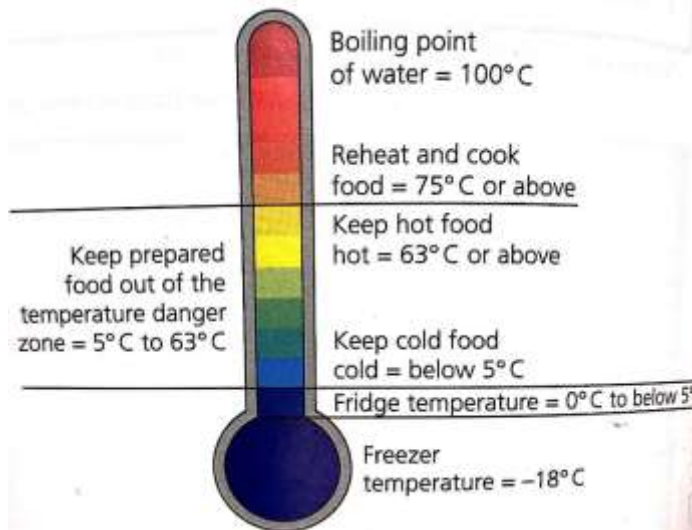
## VTCT Level 2

### UHC70M Food safety and hygiene in the kitchen

#### Key Words and Terms

- **Food spoilage**: when food deteriorates so that its quality is reduced or it can no longer be eaten
- **Food poisoning**: an illness caused by eating contaminated food
- **High-risk foods**: ready-to-eat moist foods, usually high in protein
- **Bacteria**: microscopic living organisms, which are single-celled and can be found everywhere
- **Temperature Danger Zone**: temperatures between  $+5^{\circ}\text{C}$  and  $+63^{\circ}\text{C}$ , where most bacteria can multiply
- **Temperature probe**: a device with a metal spike which takes the internal temperature of food

#### The Danger Zone



- Bacteria grow best in the danger zone which is between  $+5^{\circ}\text{C}$  and  $+63^{\circ}\text{C}$
- Below  $+5^{\circ}\text{C}$  they are dormant, this means that they grow very slowly or not at all
- Above  $+63^{\circ}\text{C}$  they are mainly destroyed by the heat

#### Why is Temperature Control Important?

- Temperature control is very important when you buy, store, prepare and cook food
- Storing food correctly will minimise the risk of food spoilage and food poisoning
- Food poisoning can be caused by high risk foods when they are stored in warm conditions for too long
- Controlling the temperature of food will help keep your food safe until it is ready to be eaten.

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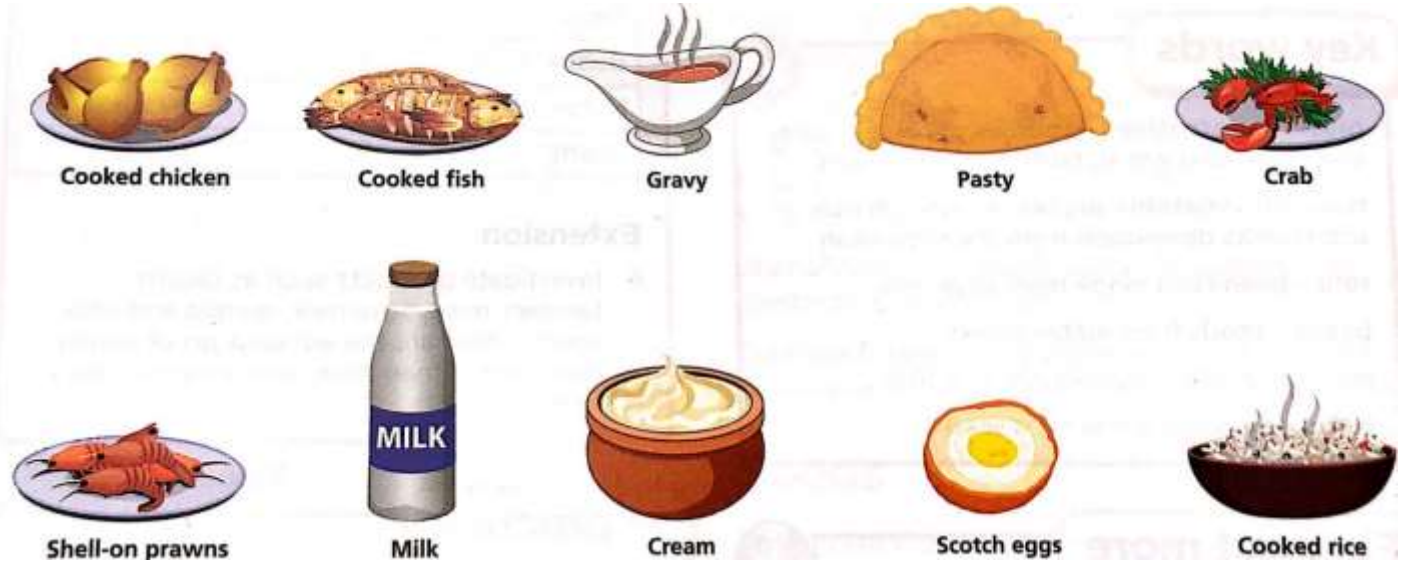
Fridge and Freezer  
Temperatures

Fridge Temperature  
0°C – below +5°C

Freezer Temperature  
-18°C



High Risk Foods



A Temperature probe

Thermometers can be put  
in the fridge and freezer to  
check these are working at  
the correct temperature



A Fridge thermometer