

3.4 Food safety: 3.4.1 Food spoilage and contamination

Sa1 I can describe the growth conditions for microorganisms and outline which factors have an effect on controlling growth, including temperature, moisture, food and time			
Sa2 I can explain the characteristics of microorganisms and enzymes and their link to food spoilage			
Sa3 I can identify high risk foods			
Sa4 I can apply techniques that control enzymic action, such as blanching of vegetables before freezing and the use of acids to prevent enzymic browning			
Sa5 I can identify evidence of food spoilage by enzymic action, mould growth and yeast action			
Sa6 I can prepare fruit and vegetables that sustain yeast and mould growth in a way that prevents spoilage			
Sa7 I can describe the uses of microorganisms in food production			
Sa8 I can describe different sources of bacterial contamination			
Sa9 I can outline sources of food poisoning, including the main types of bacteria that cause food poisoning, such as campylobacter, e-coli, salmonella, listeria and staphylococcus aureus			
Sa10 I can describe the general symptoms of food poisoning			
Sa11 I can explain the main methods to control the different food poisoning bacteria types			

3.4 Food safety: 3.4.2 Principles of food safety

Sa12 I can explain and apply food safety considerations when buying, preparing, storing and cooking food			
Sa13 I can outline the food safety implications of different temperatures and identify the temperature danger zone (5-63°C)			
Sa14 I can outline food safety principles for storing, preparing, cooking and serving food, including the correct use of domestic fridges and freezers, date marks ('best before' and 'use by'), and covering foods			
Sa15 I can demonstrate safe preparation and cooking techniques, including personal hygiene, clean work surfaces, separation of raw and cooked foods, correct cooking times and appropriate temperature control			
Sa16 I can take appropriate care with high risk foods			
Sa17 I can correctly use a food temperature probe			

Date:

Student Reflection:

Teacher Comment: