

SPEAK
READ
ARTICULATE
THINK LIKE AN EXPERT.
QUESTION
WRITE
SPELL



Hawley Hall
Technologies
Food Technology

Name: _____

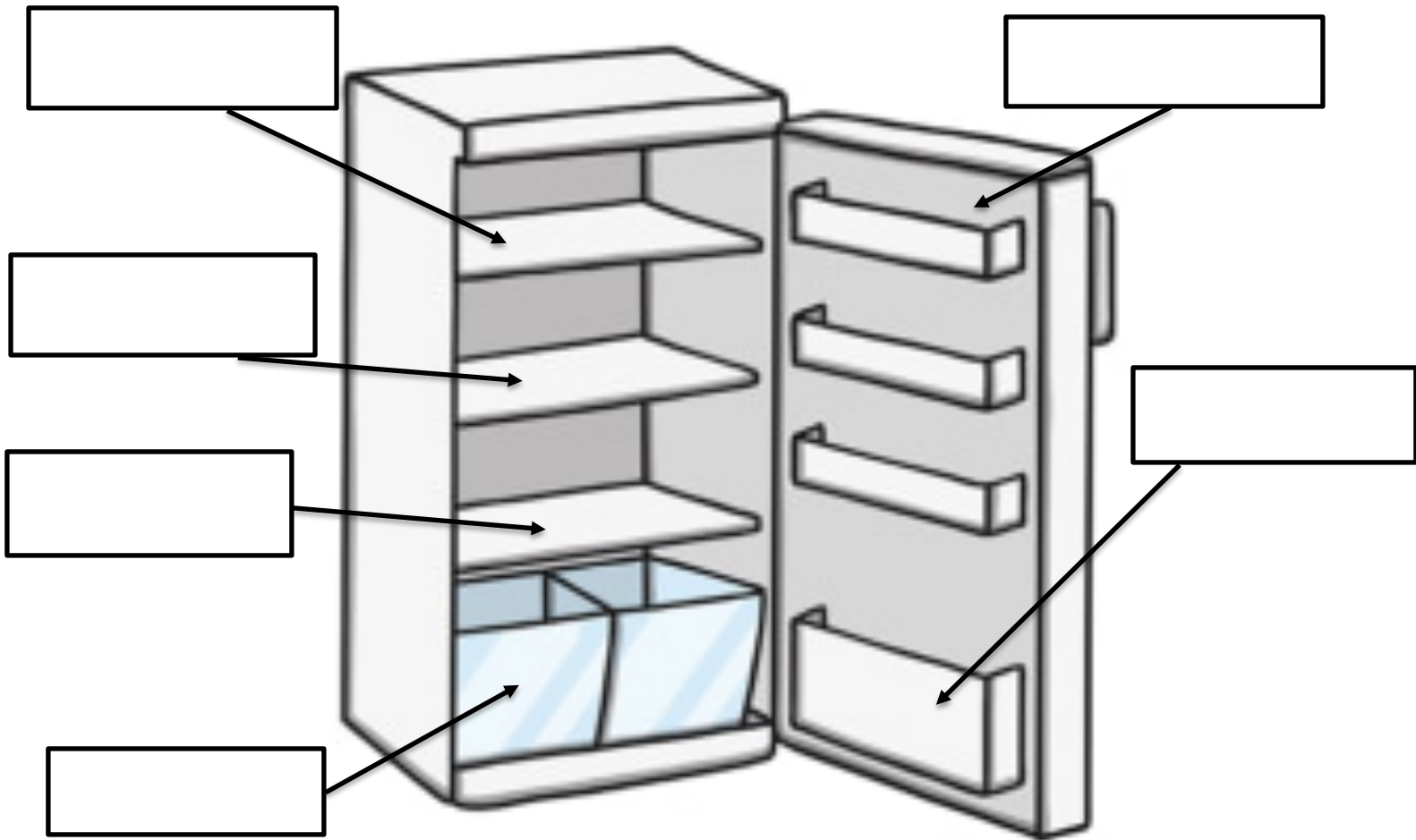
Class: _____

Teacher: _____



Where in the Fridge?

Where would be the best place to store the following foods in the fridge?



fruit juice	cooked meats	raw chicken
tomatoes and lettuce	butter	milk
ready meals	cheese	sauces



Fridge vs Freezer

Some of these statements belong in the fridge, others belong in the freezer.

Using two different highlighters, can you organise these statements into the correct compartment?

<u>Fridge</u>	<u>Freezer</u>
Food should have clear labels with the date on.	Don't let blood and juices of raw meat drip onto other food.
Food should be defrosted thoroughly before cooking.	Bacteria remain dormant.
Raw food should be stored on the bottom shelf.	Ideal for chilling foods - especially high-risk ones.
Food should be covered or stored in containers to prevent cross-contamination.	Should be kept between 0°C and 5°C.
Greatly extends the shelf life of food products.	Temperature should be set at -18°C.



Temperature.

Label the thermometer with the correct temperature labels and descriptions. (HINT: All the information is within the boxes)

Cooking / Reheating

----°C

Cooking food above ----°C kills
b-----.
Reheat food to above 75°C.
It is important to re----- food
properly

Chilling

----°C

Keeping food between 0°C and
5°C s----- down the growth of
b-----.
Chilling extends the shelf life of
f-----.

Danger Zone

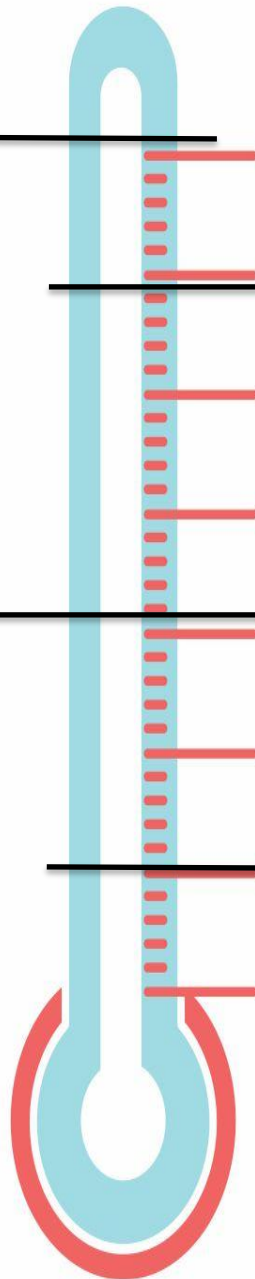
----°C

5°C - 63°C is the perfect bacteria-
breeding temperature.
----°C is the optimal temperature
for bacteria to b-----.
This is called the 'D-----Z-----'

Freezing

----°C

F----- food below -18°C stops
the growth of b-----.
When frozen, bacteria become
d----- . They become active
when food is th-----.





Explain the risk

Explain the risks associated with the following scenarios:

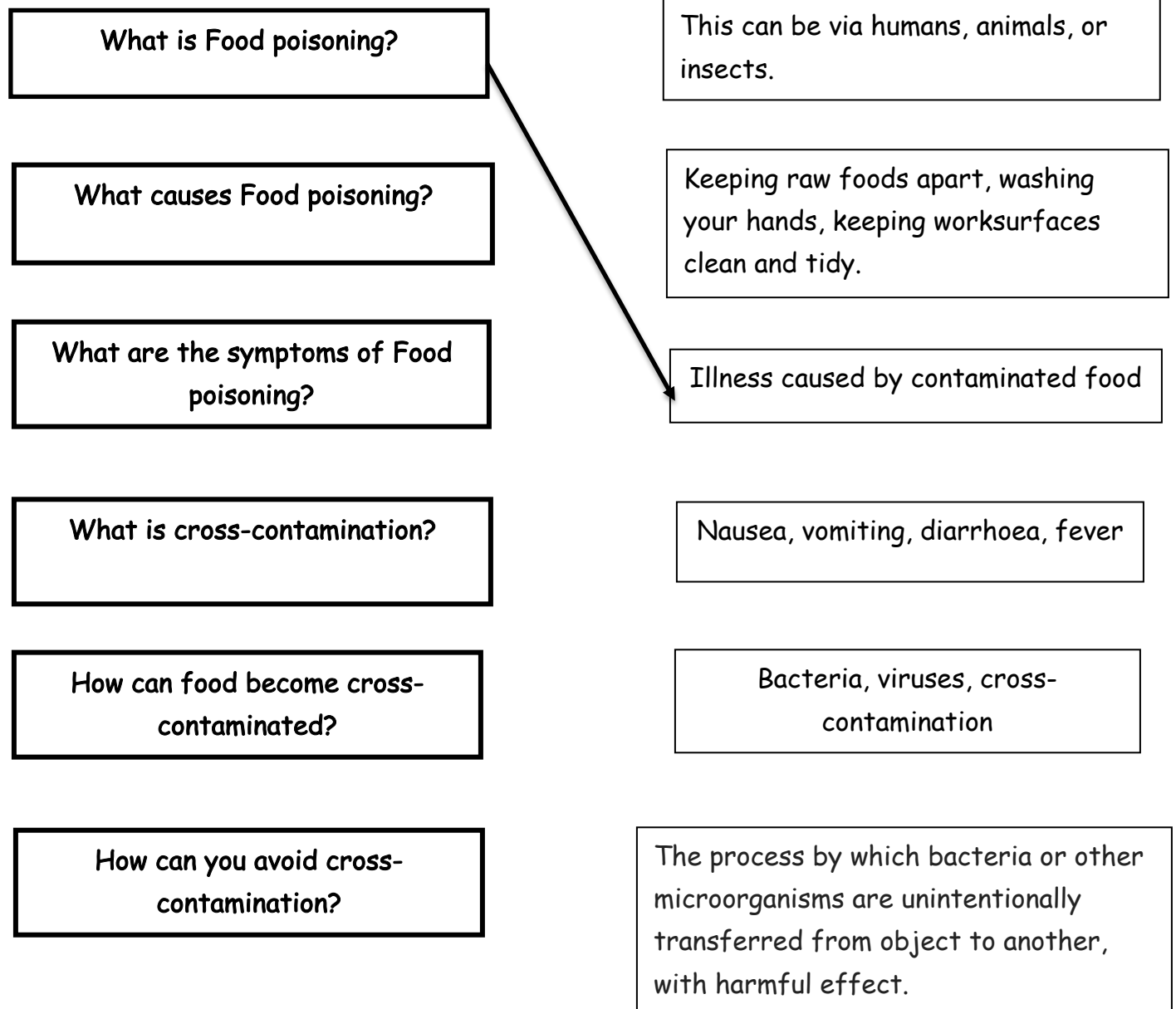
Food recently cooked and still hot being put in the fridge to cool.

Placing raw meat on the top shelf in the fridge.



Food Poisoning and Cross-contamination

Can you match the term to the correct meaning?





A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16	10				5	7					3		11												

G _____ **O** _____ **GOO** _____ **HA** _____
 5 13 24 24 20 9 5 20 9 24 11 5 11 11 8 7 16 14 20 24 22 20 22

ALL _____ **O** _____ **A** _____ **O** _____
 15 13 16 3 3 23 20 21 2 11 15 24 16 9 24 20 9 11 15 8 13 15

OL _____ **H** _____ **O** _____ **C** _____ **O** _____ **-CO** _____
 24 11 3 13 22 22 13 9 24 7 13 15 20 22 19 11 4 10 15 11 22 22 10 11 9

A _____ **A** _____ **O** _____ **A** _____ **OO** _____ **O** _____ **O** _____ **G** _____
 24 16 21 20 9 16 24 20 11 9 16 9 8 4 11 11 8 2 11 20 22 11 9 20 9 5

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Season's Eating.

Unscramble the seasons and list the months.

Scrambled Season	Season Unscrambled	Months in This season (3)
PRSING	Spring	<ul style="list-style-type: none">•••
TREIWN		<ul style="list-style-type: none">•••
MATUUN		<ul style="list-style-type: none">•••
RMMUSE		<ul style="list-style-type: none">• December• January• February



Fruit or a vegetable?

Is it a fruit or vegetable and which season do you think it belongs to?

	Fruit or vegetable?	Season
Apple		
Carrot		
Cabbage		
Cauliflower		
Leek		
Pear		
Potato		
Raspberry		
Strawberry		
Tomato		



Fruits and vegetables

G R L S R B D N G V C E F B T
N F E E M T K R S A T G Q G Q
R A Q B O H A M U L O A C V J
N B V R M P E L A E M B A G B
A M R V E U I R W J A B C D S
L A J S C F C Q F R T A S L D
C E W L L E L U Z P O C K P K
U E W O A P Y D C S O O I L Q
K G W T O E N O I N O T K W R
R E Y R R E B W A R T S A U S
R B A N A N A W M L S E W T R
V K P J J E G A L G I O U S O
T G I V S R P G R P D T O A B
T M J M A C O F M L V Q R L C
K Y H H Y A F F I T P H L O E

BANANA

CAULIFLOWER

ONION

STRAWBERRY

CABBAGE

CUCUMBER

PEAR

TOMATO

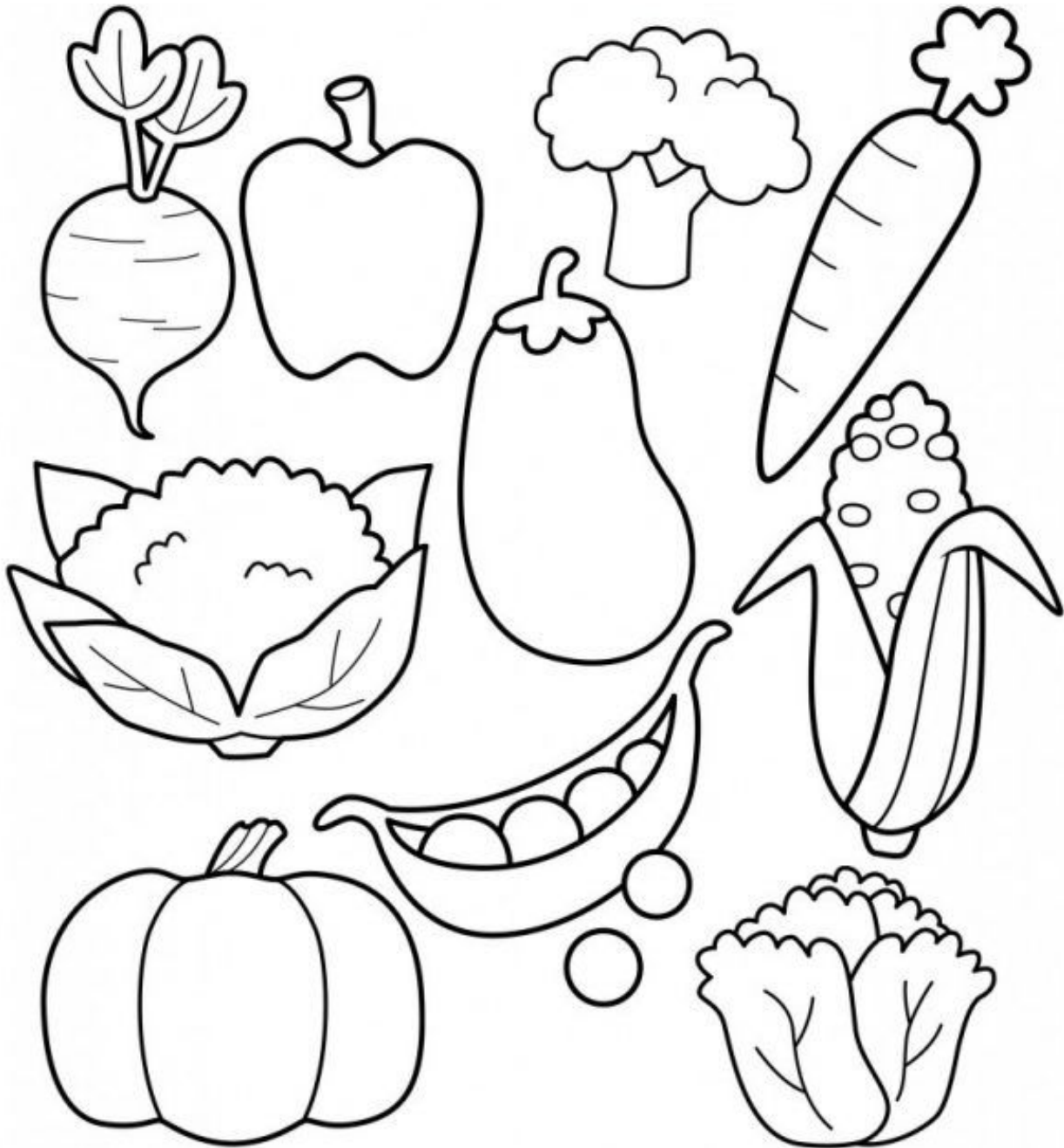
CARROT

GRAPES

POTATO

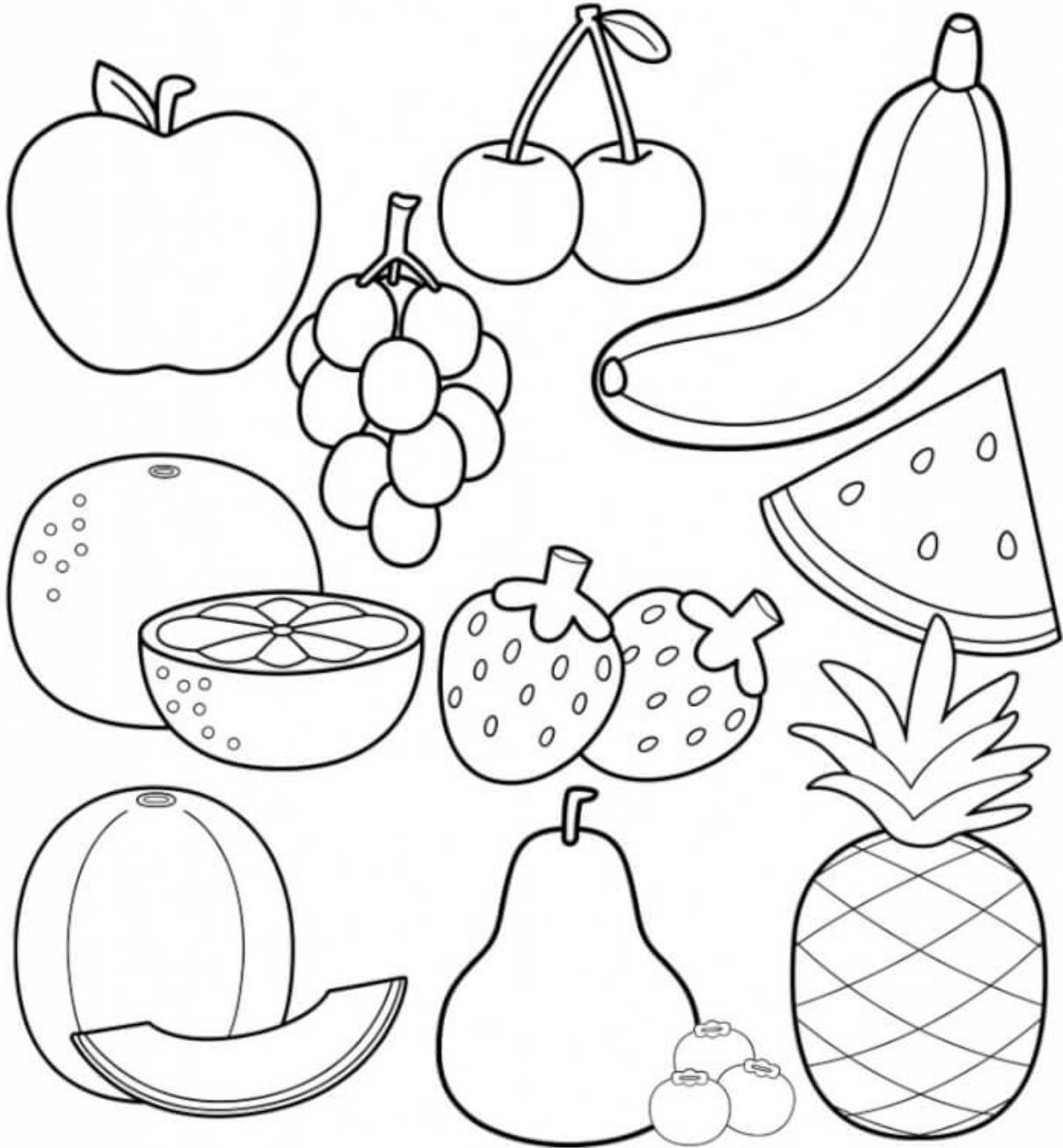


Colour and label the vegetables.





Colour and label the fruits.

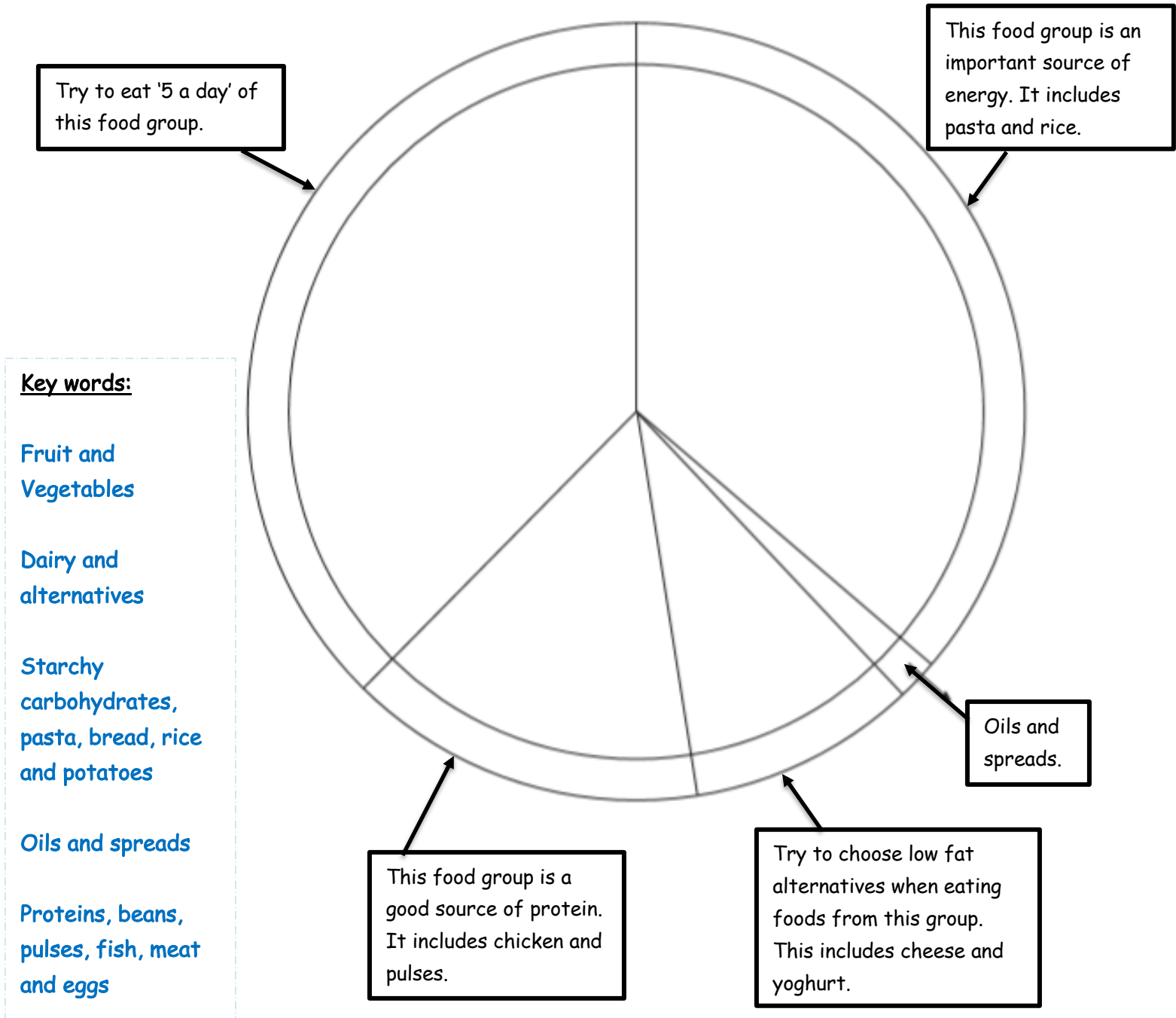




Finding the food group

We can divide the food we eat into five food groups. We should follow a balanced diet to stay healthy, eating a variety of different foods in correct proportions. The plate below shows you the five food groups.

Use the keywords to help you complete the plate including diagrams of the foods.





Healthy or unhealthy?

Using two different colours, can you identify the healthy foods and the unhealthy foods.

Apple	Crisp
Orange	Yoghurt
Chocolate	Cake
Pizza	Tomato
Banana	Bread
Cheese	Mango
Carrot	Burger
Fizzy pop	Butter
Take a way food	Water