

Cooking food

The number of germs in food doubles every 20 minutes. Any food eaten uncooked should be consumed without delay!



Read the text carefully and tick the correct answers.

Eating raw food increases the risk from germs. It is safer to eat steak well done rather than undercooked, or rather than raw fish. Cooking gets rid of nearly all micro-organisms. In theory, cooking food until the centre reaches 70°C for two minutes destroys staphylococcus and listeriosis. But 10 minutes at 80°C are necessary to destroy certain bacteria such as salmonella. Other germs resist temperatures even as high as 120°C! Absolute safety is therefore difficult to attain, but one thing is sure: the longer food is cooked at high temperature, the safer it is.

1. Given that the number of germs in food doubles every 20 minutes at near-ambient temperature and humidity, how many germs will there be after one hour on a piece of meat which had 125 germs when it was taken out of the refrigerator?

- 250 bacteria 375 bacteria 1000 bacteria

2. Cooking:

- destroys all germs does not eliminate all microbiological risk

3. Food that has reached a temperature of 70°C for 2 minutes has a low risk of carrying:

- staphylococcus
 salmonella
 listeriosis

4. We can be sure of one thing:

- the less a food is cooked, the higher the risk.
 the longer a food is cooked at high temperature, the higher the risk.
 the longer a food is cooked at low temperature, the lower the risk.
 the longer a food is cooked at high temperature, the lower the risk.

5. Microwave cooking:

- is not a good way to destroy micro-organisms.
 is a good way to destroy micro-organisms.