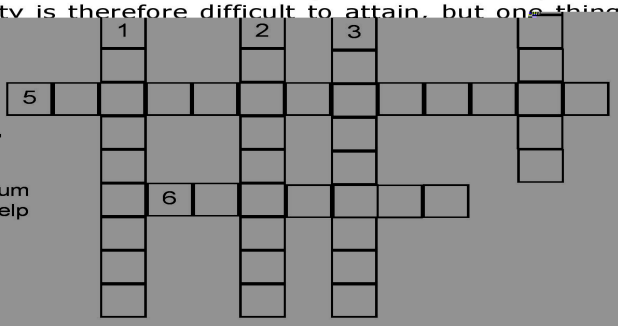
Cooking food

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



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you grow. You will find us in dairy proc

6. We are your body's fuel pump, for v
it runs out of energy. You will find us i
oil and cream.

INSTITUT PASTEUR