

**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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n butter,

	1		2		3			
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		6						

- 3. We are your body's electricians. We give you energy for physical effort. You will find us in sugary food and cereals.
- 4. I am your body's hydrant. In addition to water, you will find me, in varying quantities, in all food.
- 5. We are your body's gardeners. We give you calcium and phosphorus to strengthen your bones and help you grow. You will find us in dairy products.
- 6. We are your body's fuel pump, for we give you energy. You will find us in oil and cream.