

SAFE FOOD FOR TEENAGERS



Did you know that each year nearly 50,000 cases of food poisoning are believed to be caused by unsafe food handling practices in the home. This can result in a variety of symptoms including vomiting and diarrhoea – neither of which we want ruining our Summer!

See how ready you are to protect yourself this Summer:

1. All bacteria cause food poisoning True False
2. If you leave food in the sunlight it will kill the bacteria True False
3. Drying dishes with a wet tea towel is better than leaving them to dry themselves True False
4. Bacteria multiply every 20 minutes. If you start with one, how many would you have after six hours? -----
5. At what temperature should your fridge be kept to keep food safe? -----
6. Bacteria die in the freezer True False
7. If meat is cooked you can leave it out of the fridge because the bacteria are killed in the cooking True False
8. Meat patties are just like steak – they can be eaten a little rare True False
9. Wash your hands before preparing food if:
 - You have been to the bathroom
 - You have coughed or sneezed
 - You have been playing with an animal
 - You have touched your hair or face
 - All of the above

Enjoy the barbecues, picnics and parties of this Summer without taking home any bugs – keep your food safe!

Watch the television for advertising on Foodsafe Week between 12th-19th November – if you would like food safety resources then visit our website on www.cph.co.nz

Healthy Nibbles

Nutrition and Physical Activity Information for Adolescents
Date: October 2007
Code/Reference: NUT0023B
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha

ANSWERS

1. Not all bacteria are harmful eg: those in cheese and yoghurt
2. Bacteria like to be warm and grow best at 37 degrees
3. A wet tea towel is covered with bacteria - it is best for the dishes to air dry
4. This will be 262144 bacteria - but you are unlikely to be starting with just one!
5. Below 4 degrees
6. Most are not killed but they stop multiplying. When the food is thawed they can grow again.
7. False. Some bacteria can survive the cooking process and you may also recontaminate it so so limit the time out of the fridge to 2 hours.
8. False. Because they are processed meat they need to be cooked thoroughly, as in the grinding process bacteria from the surface is distributed through the whole product.
9. All of the above

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