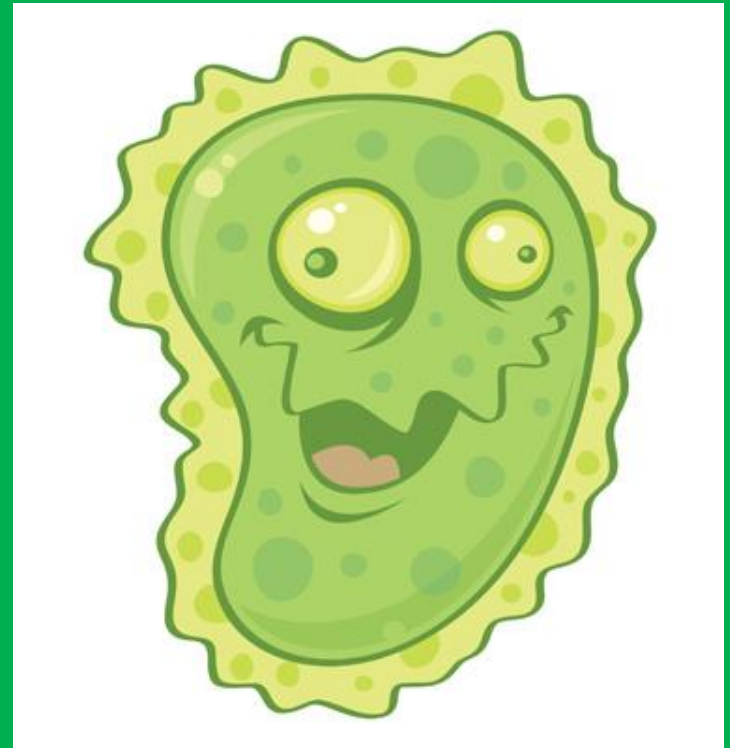


Food Spoilage



Lesson Objectives

- You will be able to explain what happens when food spoils.
- You will be able to explain how to prevent food spoilage.

What is food spoilage?

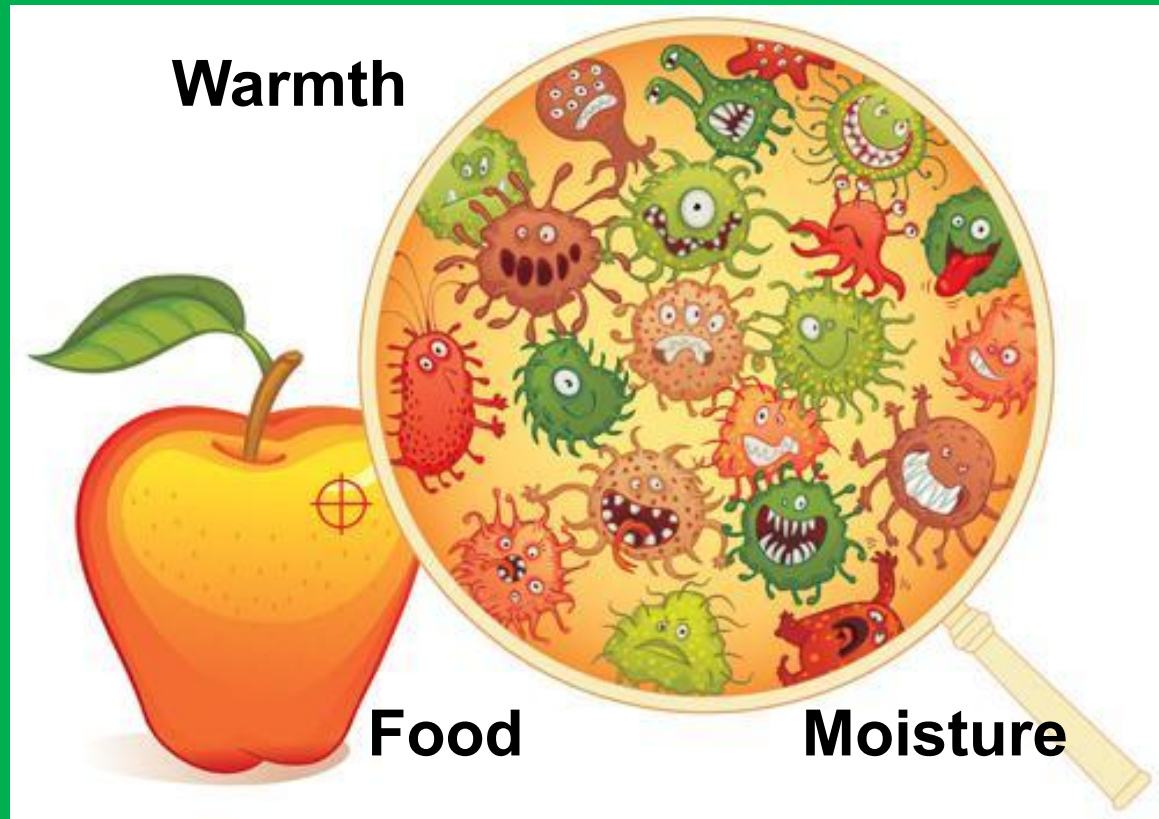
- Food spoilage is when food has gone bad and is no longer safe to eat. It might look like this...



Q) Can food be spoilt before it looks like this?

What causes food spoilage?

- Food spoilage occurs when bacteria begin to grow and multiply.
- This bacteria causes food poisoning.
- Bacteria can double every two minutes.
- All food will eventually spoil.



Q) How might you know that food has spoilt?

What if I eat spoilt food?

- You might become unwell.
- You may have vomiting, diarrhoea and stomach cramps.
- It can leave you with a bad tummy for weeks.



How to prevent food spoilage



- Use separate chopping boards and knives when preparing raw meat and vegetables!

Q) Describe what cross contamination is.

How to prevent food spoilage

- Store raw meat at the bottom of the fridge.
- Store vegetables and ready to eat foods above.



How to prevent food spoilage



• Always wash your hands before preparing food!

Q) When else should you wash your hands?

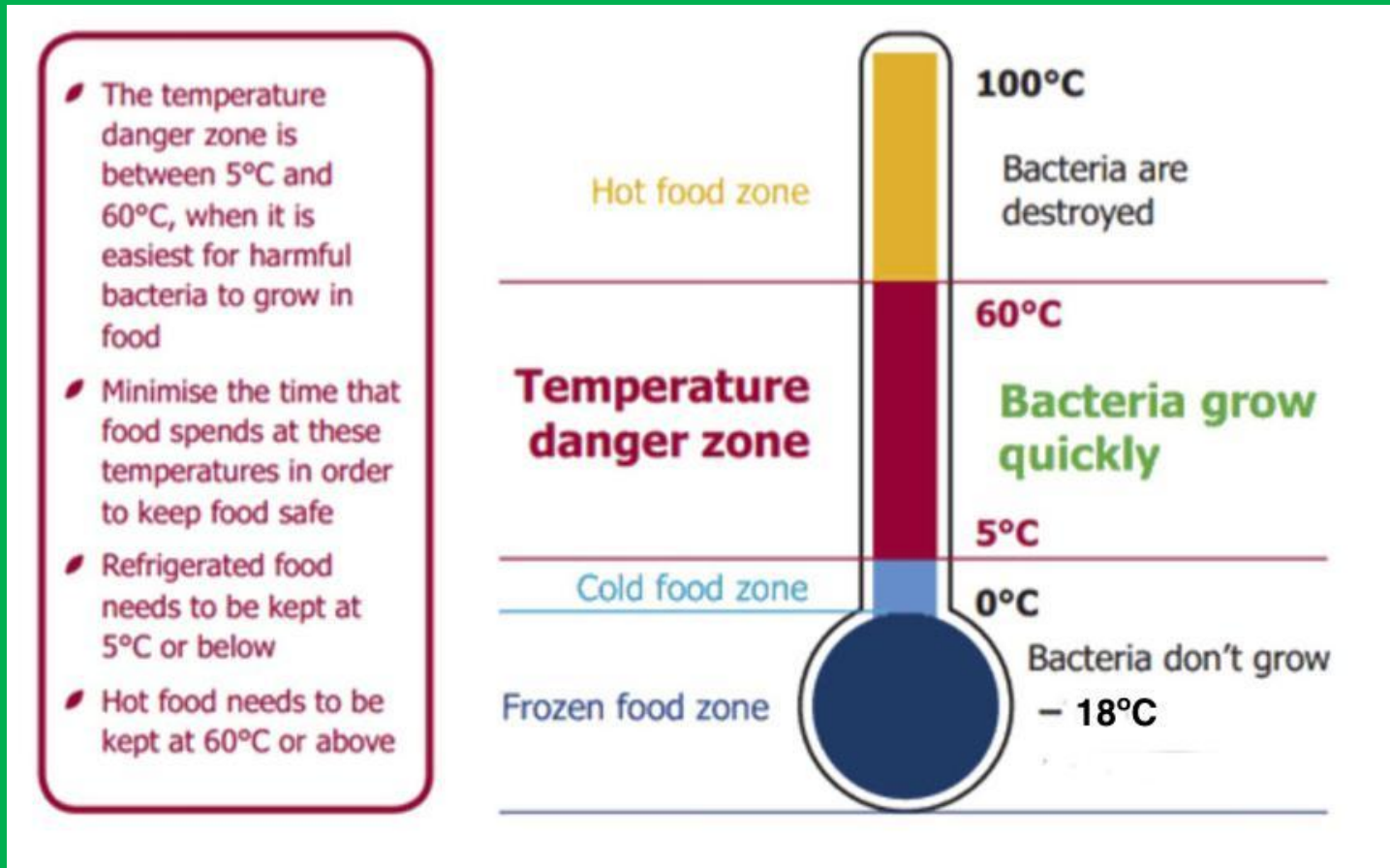
How to prevent food spoilage



- Check the **dates on food labels!**

Q) What do use by and best before labels mean?

How to prevent food spoilage



•Keep food out of the temperature danger zone!

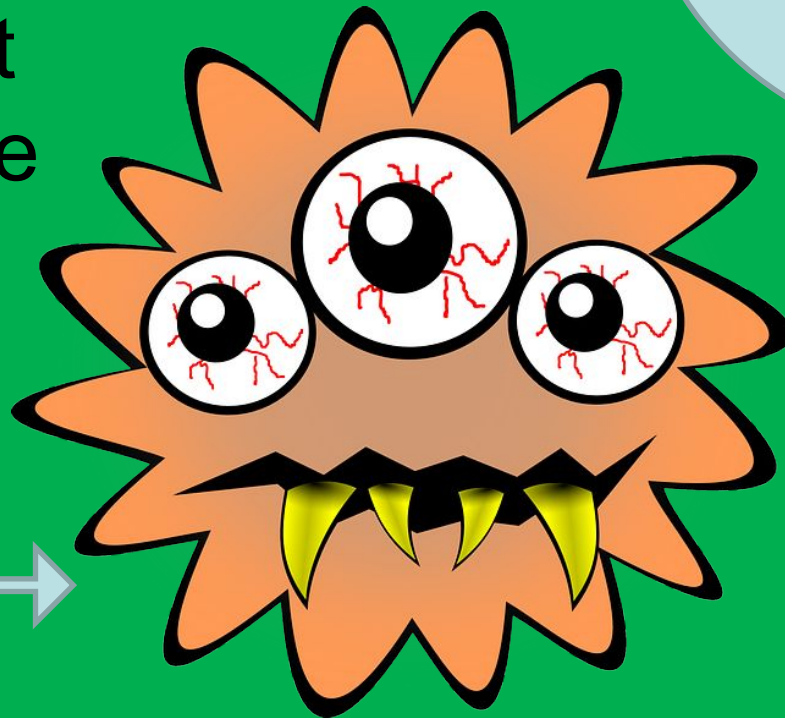
Q) How could check that food is hot enough when cooked?

Extension task 1

Draw a
bacteria
monster.

Write how
you can spot
food spoilage
in speech
bubbles.

Example



**The food
might
look
mouldy.**