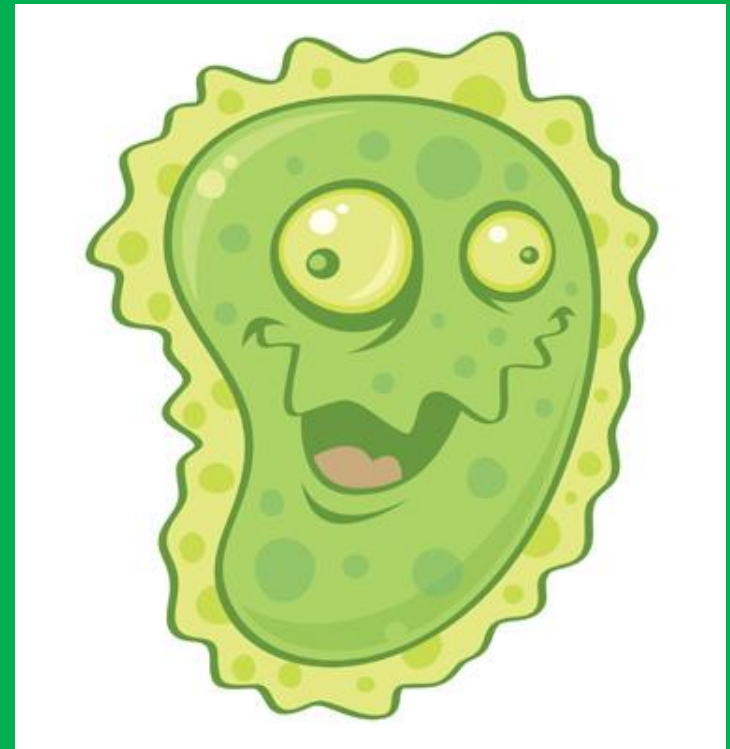


# Food Spoilage



# 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?

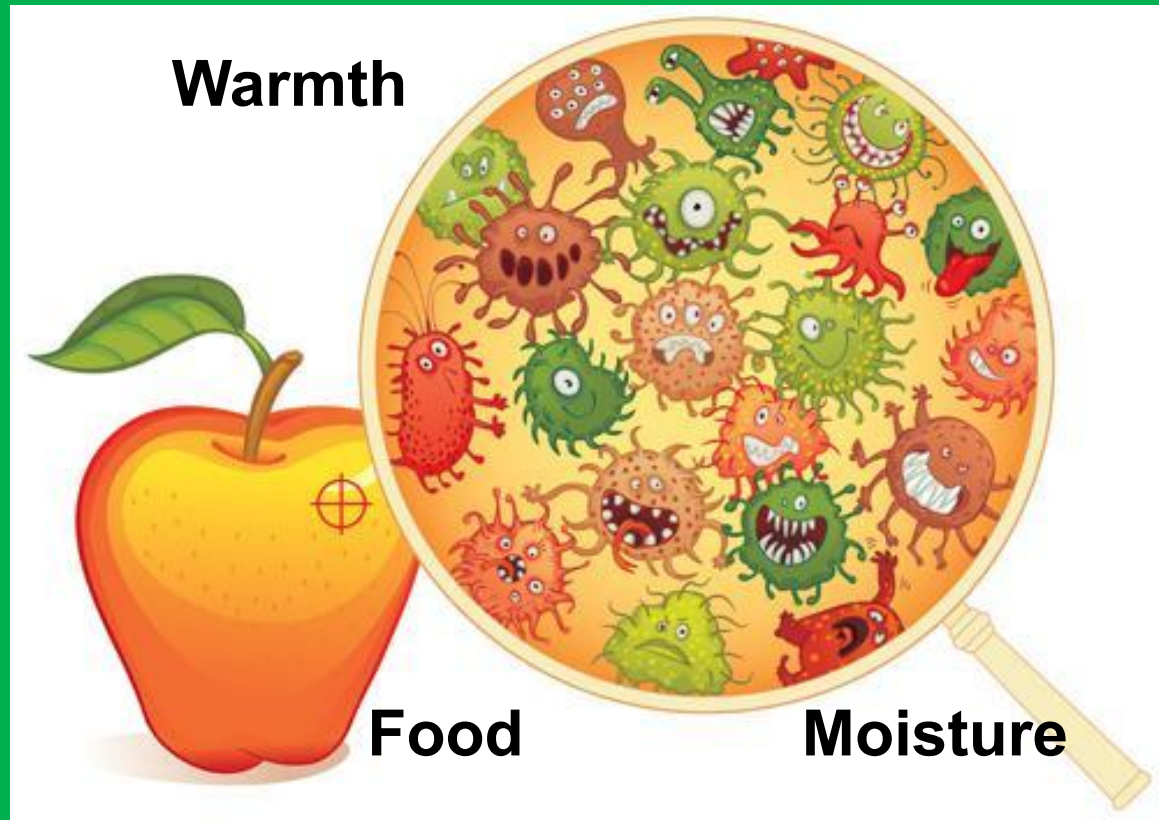
- Food spoilage is when food has gone bad and is no longer safe to eat. It might look like this...



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 spoiled 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

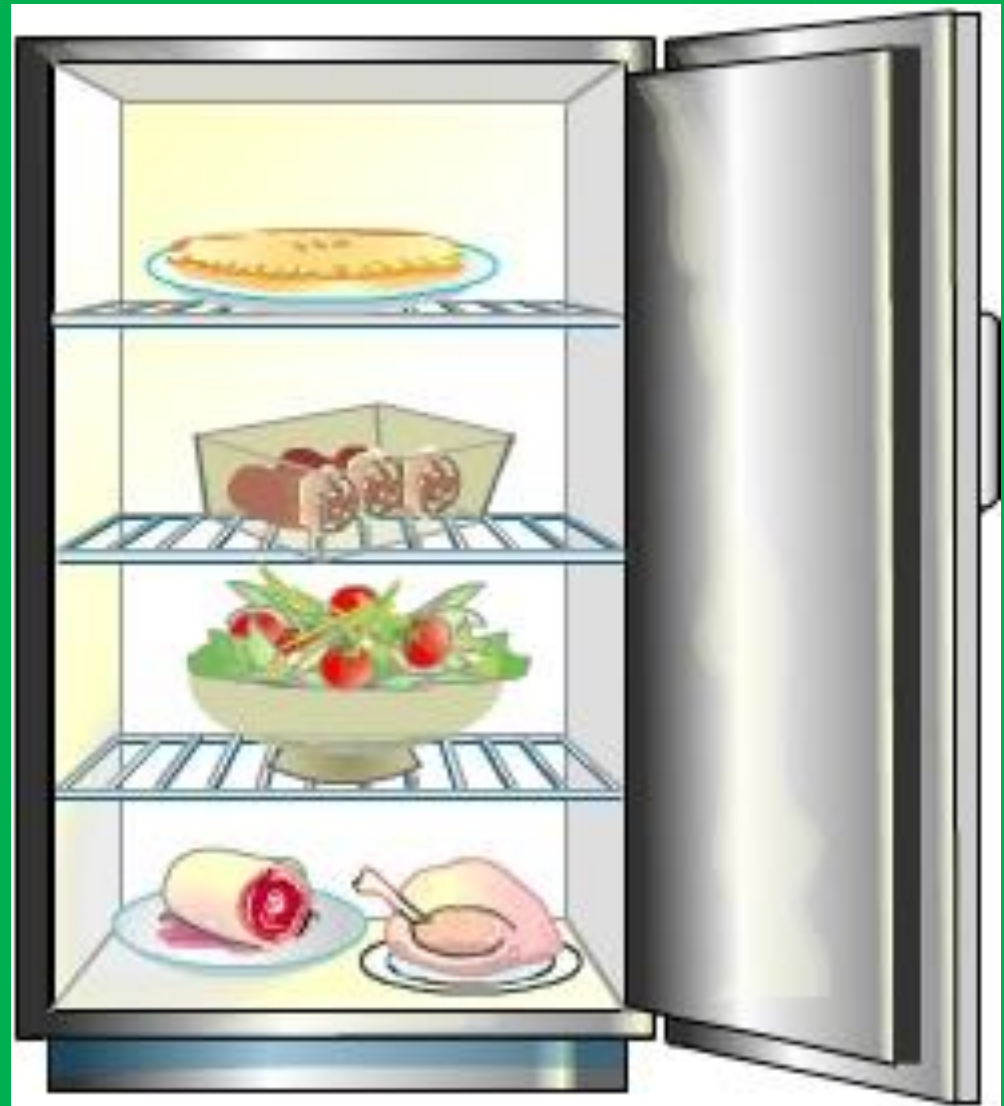


• Use **separate chopping boards** and knives when preparing raw meat and vegetables!

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?



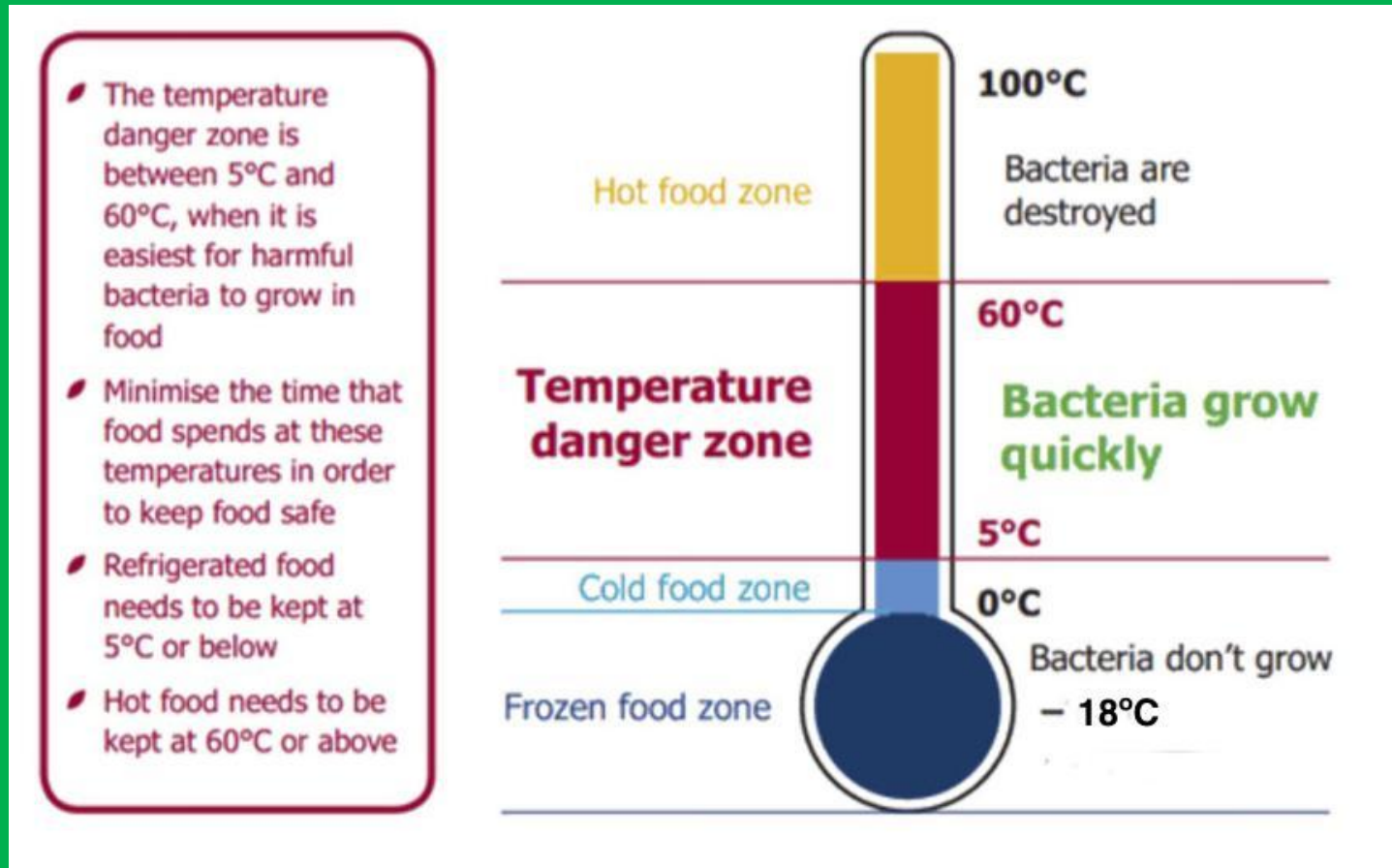
# How to prevent food spoilage



•Check the dates on food labels!

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

# How to prevent food spoilage



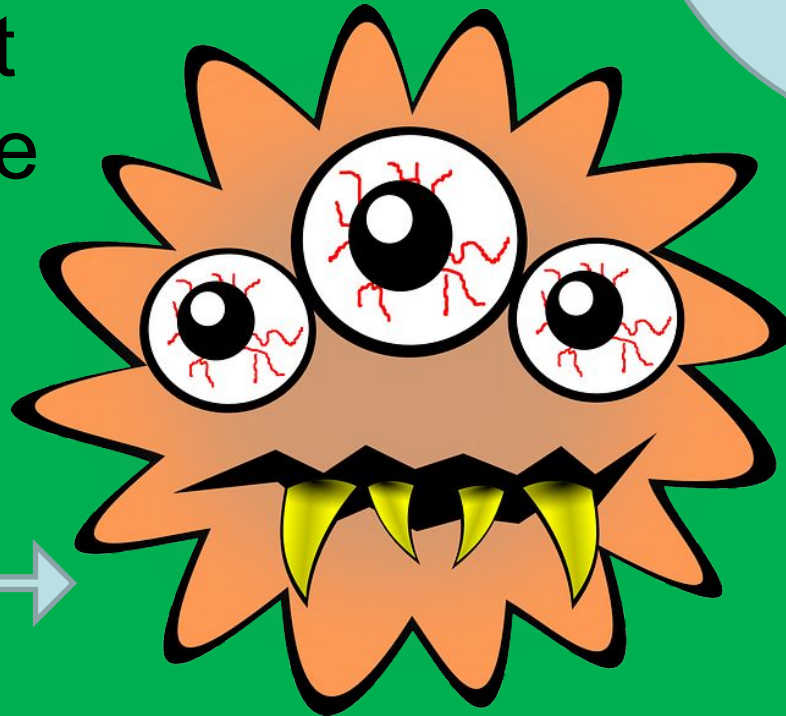
• Keep food out of the temperature danger zone!

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.**