

# *kitchen capers*



When preparing and cooking food, it is important we follow the 4 C's so we don't get food poisoning.

*what are the  
4C's?*

## 1) Cross Contamination

Cross Contamination is when a raw food with bacterial contamination such as raw chicken is placed above cooked ham and raw juices drip onto the ham contaminating it, or when someone in the kitchen touches a raw chicken and then handles cooked ham and transfers harmful bacteria.

## 2) Cleaning

Cleaning is important in your kitchen as it keeps bacteria to a safe level and discourages pests from coming into the kitchen.

## 3) Cooking

Cooking is important for killing harmful bacteria. If you are cooking raw meat and it is cooked above 75°C the harmful bacteria will have been killed.

## 2) Chilling

Chilling stops bacteria multiplying, so if you put food in the fridge and it will last longer. It keeps bacteria to a safe level, as long as the food is kept at 5°C or below. But you need to eat within its use-by date.

Put raw meat and poultry in a container or its covered, and store it on the bottom shelf, so it can't drip on anything.

Brrrrrr! Bacteria hate the freezer, if they get to -18°C they stop multiplying and may die. It is important to defrost food in your fridge and make sure food is completely defrosted before cooking.

