Your notes

GCSE Food Preparation and Nutrition: revision notes

Buying, storing, preparing and cooking food safely

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Buying and storing food

- **Use-by dates** are on high-risk foods and are about safety: don't eat food after this date.
- **Best before dates** are about quality: food is safe after this date but may be less good.
- Fridge: 0°C to 5°C. Store raw meat and fish at the bottom, covered, so it can't drip onto ready-to-eat food.
- Freezer: –18°C or below. Rotate stock with "**first in, first out**" so older food is used first.

Preparing food safely

- Wash hands before handling food, after touching raw meat, after the toilet and after handling rubbish.
- Tie hair back, remove jewellery, cover cuts with a blue plaster and wear a clean apron.
- Use **colour-coded chopping boards**: red for raw meat, blue for raw fish, yellow for cooked meat, green for salad and fruit, brown for vegetables, and white for bread and dairy.
- Thaw frozen food in the fridge, not at room temperature.

Cooking, cooling and reheating

- Cook food to a **core temperature** of 75°C, checked with a clean food probe.
- Keep hot food above 63°C when serving.
- Cool leftovers quickly (within about 90 minutes), then refrigerate. Reheat only once, to 75°C.

Key terms

Use-by date	A date on high-risk foods showing when they are no longer safe.
Best before date	A date showing when food will be at its best quality.
First in, first out	Using older stock before newer stock.
Colour-coded chopping boards	Boards of different colours for different foods, to prevent cross-contamination.
Core temperature	The temperature at the centre of food.
Hot holding	Keeping cooked food above 63°C until served.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What temperature should a fridge be?
2. What temperature should a freezer be?
3. Where should raw meat be stored in a fridge?
4. What is a use-by date about?
5. What colour chopping board is used for raw meat?
6. What colour chopping board is used for salad and fruit?
7. How should frozen chicken be thawed?
8. What core temperature must food reach when cooked or reheated?

Answers

1. 0°C to 5°C
2. –18°C or below
3. On the bottom shelf, covered
4. Safety
5. Red
6. Green
7. In the fridge
8. 75°C

What to do next

Practise 11 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

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