

Desirable changes in food:

	Use
Yeast	Bread making and fermentation of cereals in beer & fruit in wine.
Bacteria (lactic acid)	Fermentation of milk to produce yoghurt & cheese.
Mould	Added to cheese – adds texture & flavour (sharp and tangy).
Probiotics	Yoghurt to aid digestion.

REDUCING THE LOSS OF VITAMINS WHILE COOKING

- The preparation and cooking of foods can affect its nutritional value.
- **Water-soluble vitamins** in the B group and vitamin C are affected by food preparation and cooking. They are very unstable.
- The water-soluble vitamins dissolve in water, can be destroyed by contact with sunlight, air and heat and are affected by enzymes.
- The following ways you can reduce the loss of water soluble vitamins:
 - Buy fruit and vegetables in good conditions
 - Choose ripe fruit and vegetables
 - Store in cool, dark places
 - Use shortly after buying
 - Minimise the preparation
 - Blanch vegetables
 - Avoid soaking in water
 - Eat fruit and vegetables raw
 - Cook and eat fruit and vegetables in their skins
 - Use a small amount of water when cooking fruit and vegetables
 - Place vegetables in boiling water and cook quickly
 - Use the cooking water

Buying and storing food

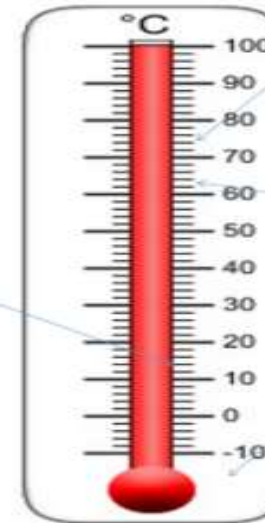
- Many outbreaks of food poisoning are caused by high-risk food being kept for too long within the temperature danger zone.
- Danger zone- is the range of temperatures from 5C to 63C, where most bacteria can easily multiply.
- Bacteria grow very slowly, or do not grow at all at temperatures below 5C.
- No bacteria grows at temperatures above 63C.
- Bacteria will multiply the fastest at around body temperature of 37C.
- The danger zone does not apply to non-perishable foods around 17C-20C.

- **Perishable foods** are foods with a fairly short shelf life, which usually need to be stored in the fridge or freezer.
- Examples of perishable foods are raw and cooked meats, poultry and fish, milk and eggs, butter, low fat spread and yoghurts, cheeses and vegetables, fruits and salads.

Danger zone=5C-63C
Food should spend **no more than 90 minutes** in the danger zone.

Chilling= 5C or lower

Fridge temperature should be 0C-5C



Cooked= 75C
Temperatures this high kill **most** bacteria

Hot Holding= 63C
Hot-holding is when food is kept hot until it's served

No bacteria grow at temperatures above 63C.

Freezing= -18C or lower
Here it is **too cold** for bacteria to multiply.

Autism Windows