

# INSTRUCTIONS ADVANCED STOP BACTERIA MULTIPLYING WORKSHEET 2

## Module 2: Topic 2

---

**Duration** 30 minutes

---

**Required** Give each person a print out of the worksheet, a pen or pencil

---

**Learning outcomes**

- Understand what conditions allow bacteria to multiply
- Know the ideal temperature zones for storing food
- Understand how to prevent bacteria multiplying on food

---

**Preparation** Talk to the group about the conditions needed for bacteria to multiply. Explain the role of temperature and what the 'danger zone' is. Outline the measures they can take to stop bacteria multiplying

**Answers**

- 1.** Please list three conditions that allow bacteria to multiply
  - Warmth
  - Food and moisture
  - Time
- 2.** What temperatures should food be kept at to avoid bacteria multiplying?
  - Below 5°C
  - Above 63°C
- 3.** List three steps that stop temperature allowing bacteria to multiply on food  
Food poisoning bacteria multiply quickly in warm rooms, but most will not grow in a fridge. It is therefore important to
  - Keep high risk foods in the fridge at all times
  - Cool foods down quickly through the danger zone between 5°C and 63°C
  - Keep food at room temperature for as short a time as possible when preparing foods