

# Low Risk - High Risk Foods

Keep vegetables and raw meat away from each other

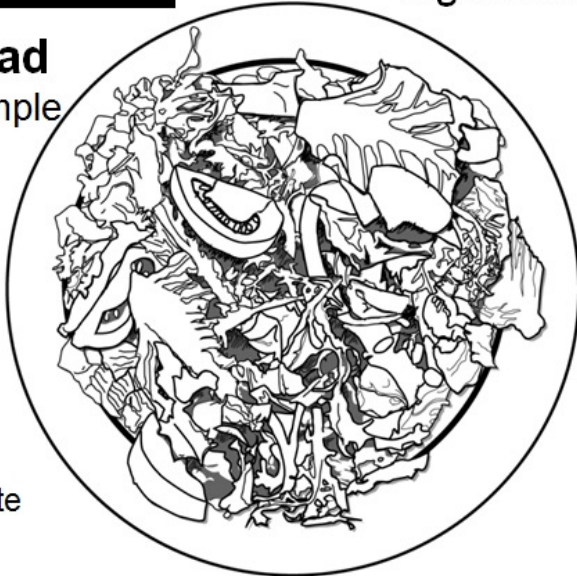
**Low risk**

Washed fruit & vegetables

**High risk**

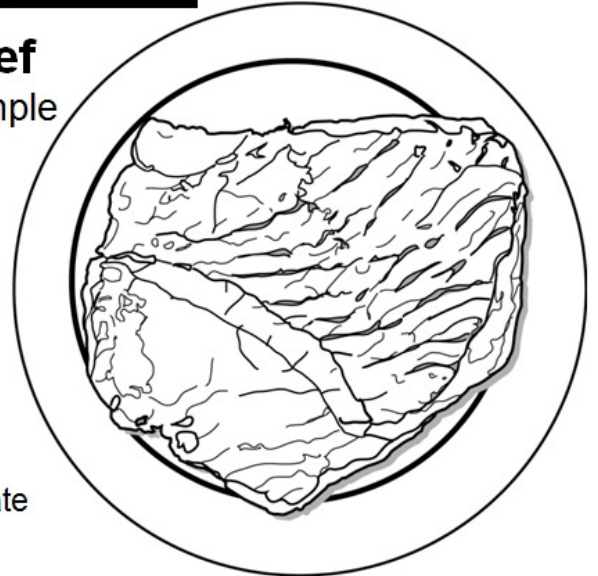
Meat & fish

**Salad**  
Example



Plate

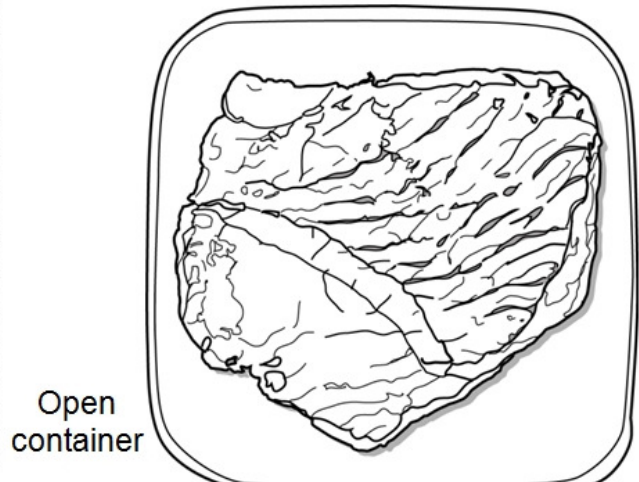
**Beef**  
Example



Plate



Open container



Open container



Closed container



Closed container

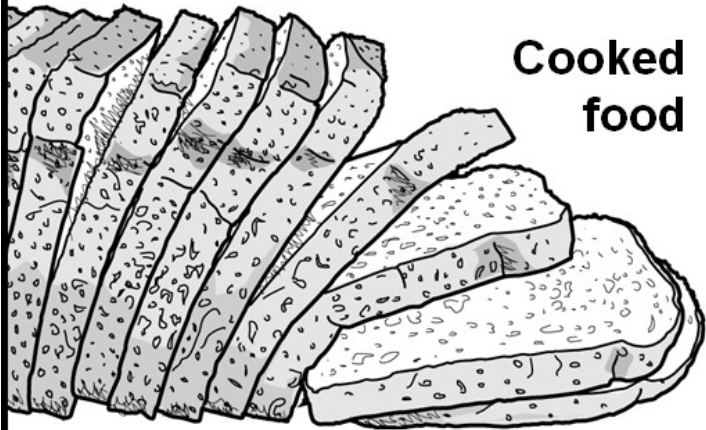
Separate plates separate containers – Always cover containers

# Low Risk - High Risk Foods

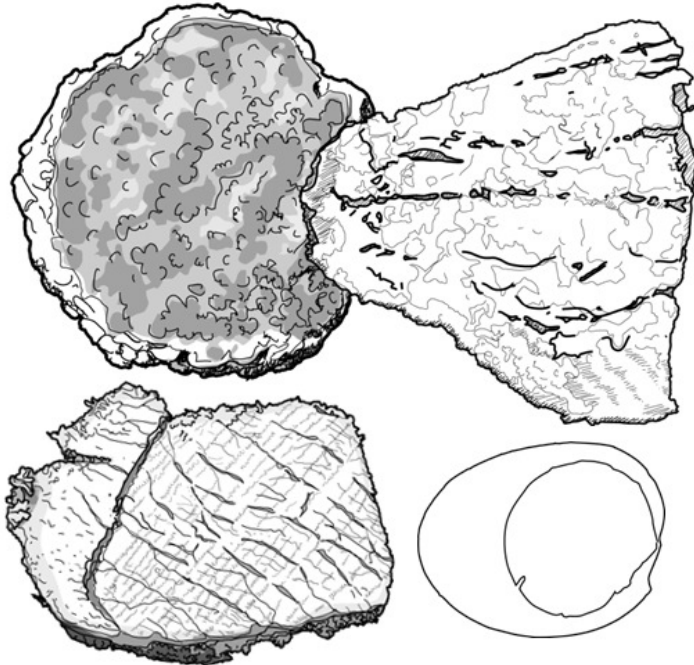
Keep vegetables & cereals away from raw meat & fish

**Low risk**

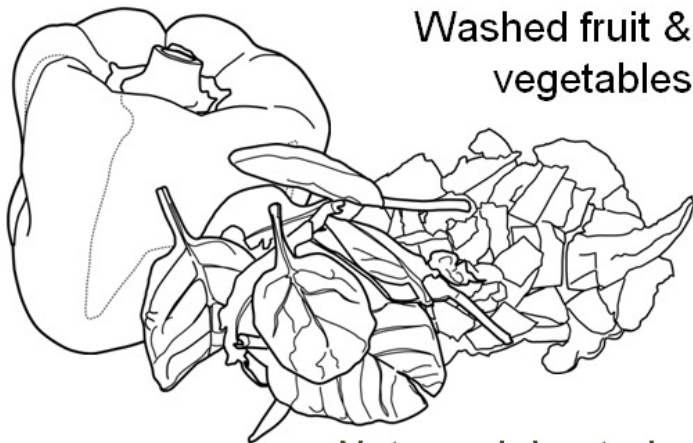
Not much bacteria



**Cooked food**



**Washed fruit & vegetables**



Not much bacteria

**High risk**

**Raw food**



Lots of bacteria

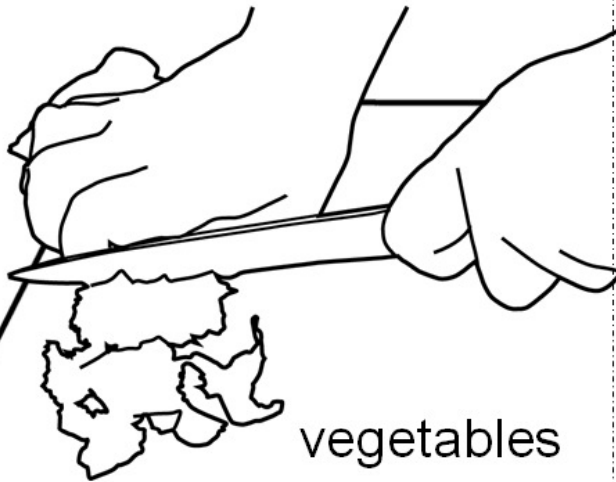
**Cooking kills bacteria which can make you sick**

# Low Risk - High Risk Foods

Use 2 cutting board, one for Low risk & one for high risk

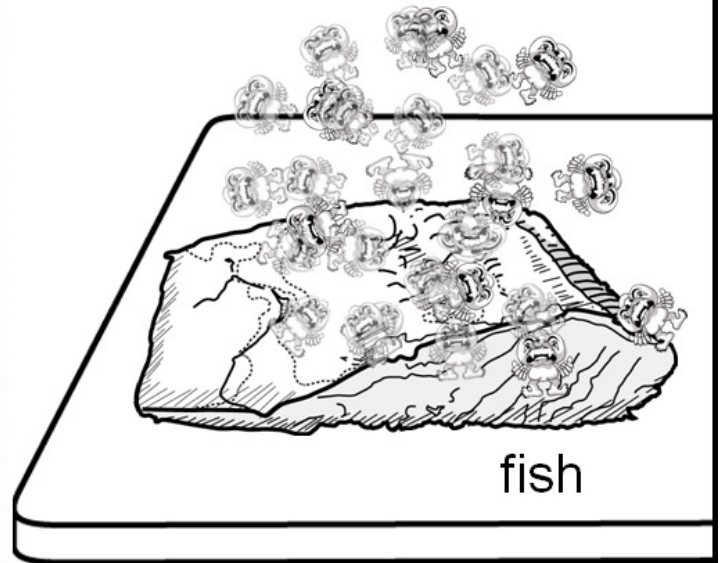
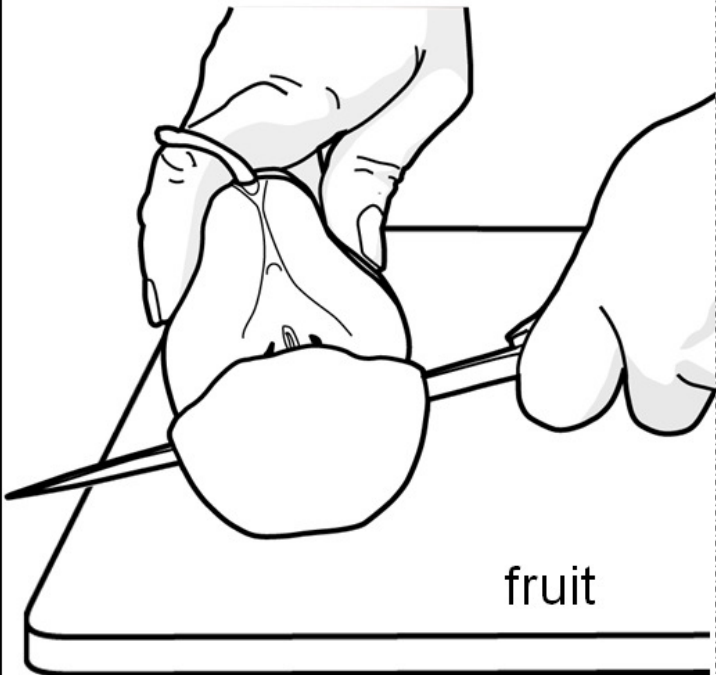
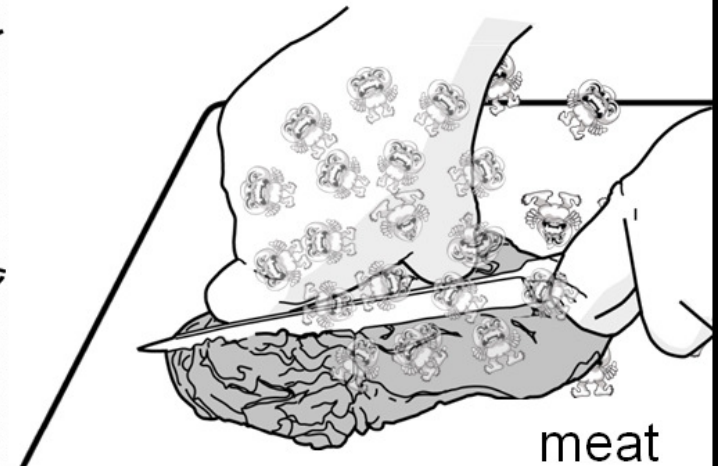
**LOW RISK**

Low risk cutting board



**HIGH RISK**

High risk cutting board

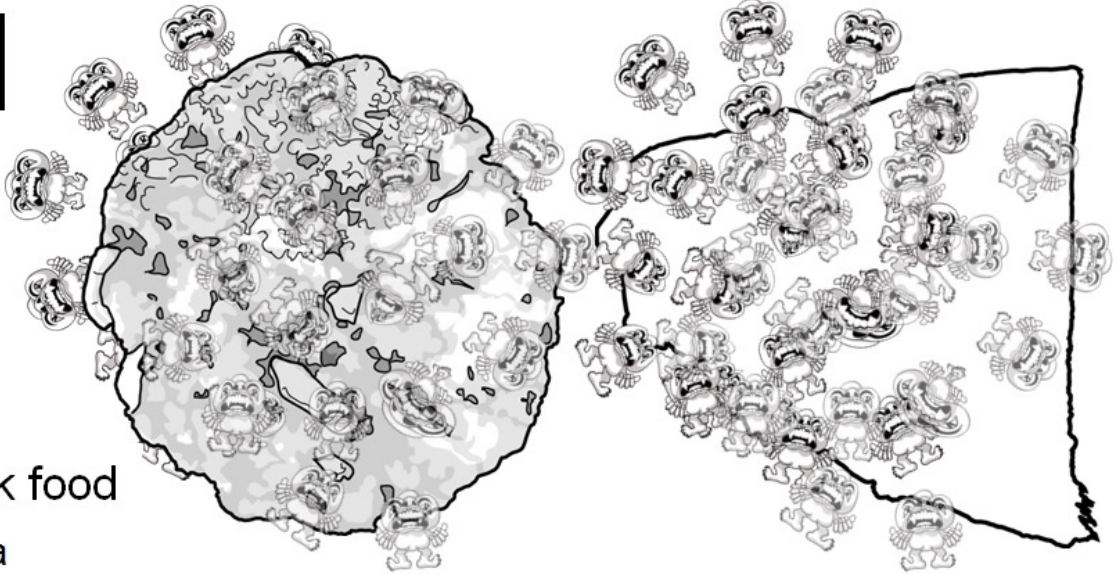


High risk foods have lots of bacteria on them

# Low Risk - High Risk Foods

Cooking kills the bacteria

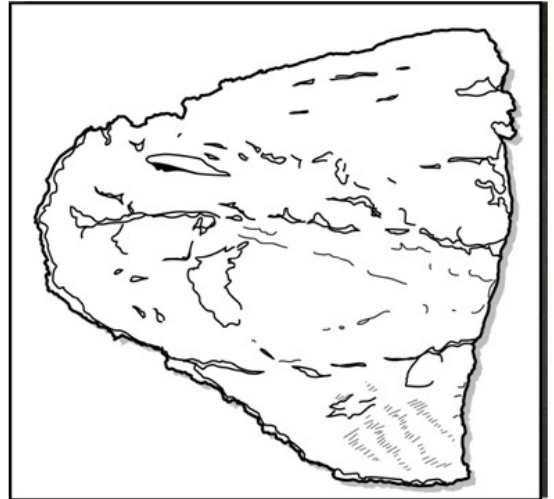
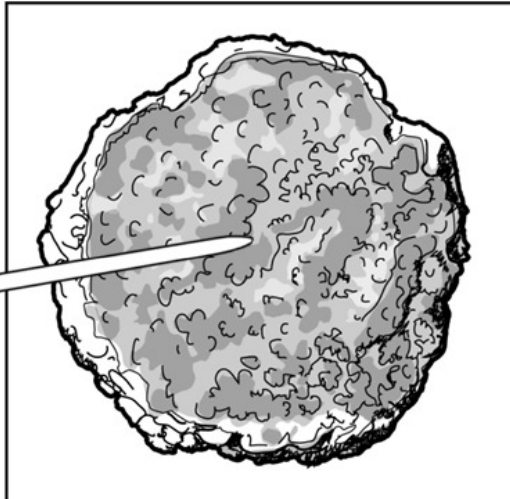
High risk



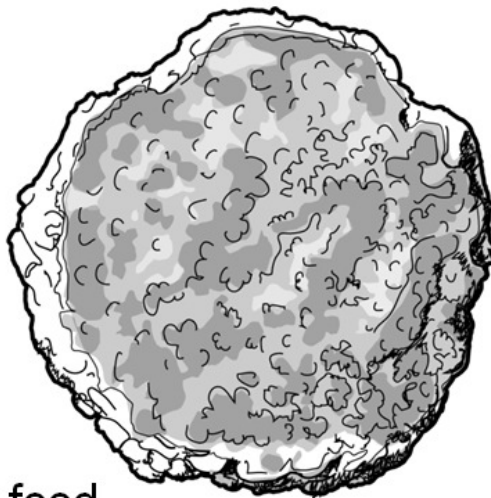
Raw high risk food

Lots of bacteria

Cook



Low risk



Cooked low risk food

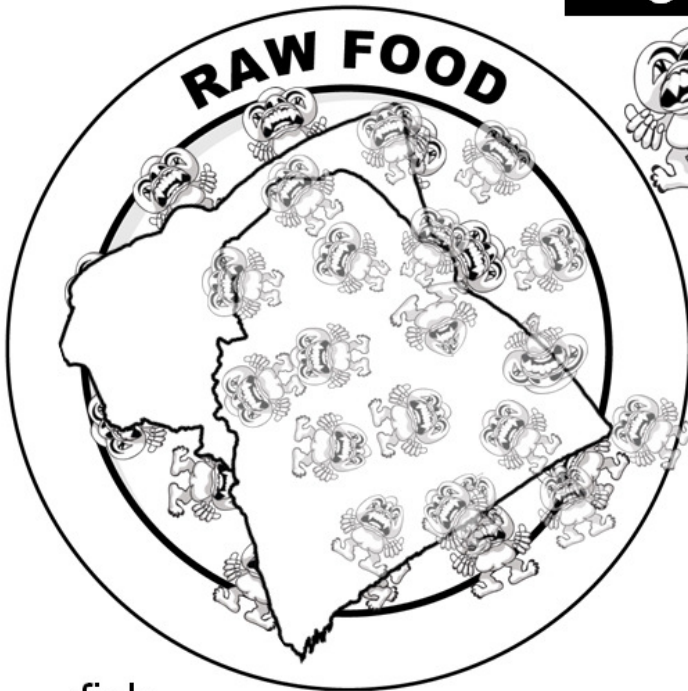
Most of the bacteria killed

Cooking kills bacteria which can make you sick

# Low Risk - High Risk Foods

Have 1 plate for raw food – 1 plate for cooked food

High risk



fish

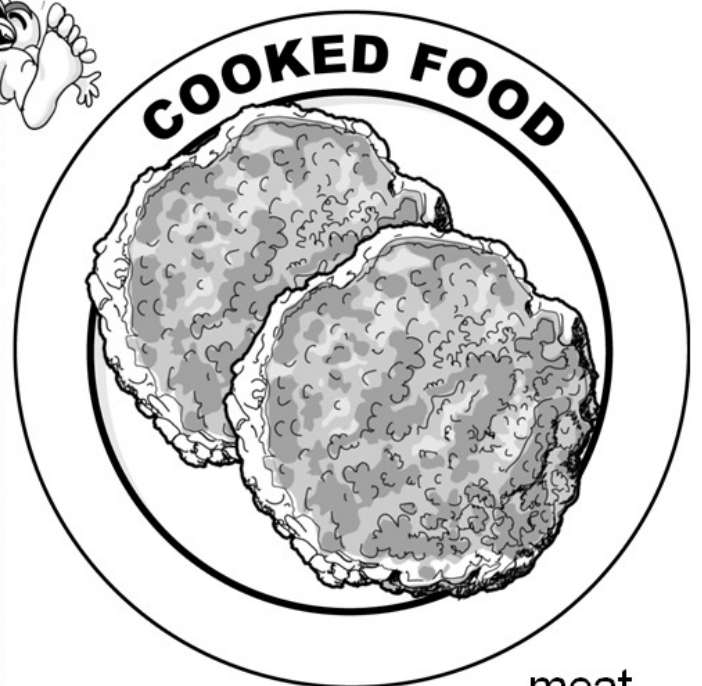


meat

Low risk



fish



meat

After cooking keep high risk foods away from low risk foods

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

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### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Food safety & hygiene

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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