

Low Risk - High Risk Foods

Keep vegetables and raw meat away from each other

Low risk

Washed fruit
& vegetables



High risk



Separate plates separate containers – Always cover containers

Low Risk - High Risk Foods

Keep vegetables & cereals away from raw meat & fish

Low risk



Cooked food

Washed fruit & vegetables

Not much bacteria

High risk



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

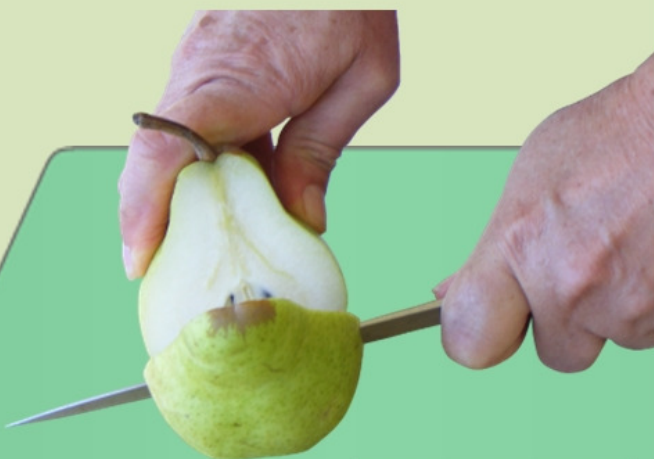
Low risk



Low risk cutting board

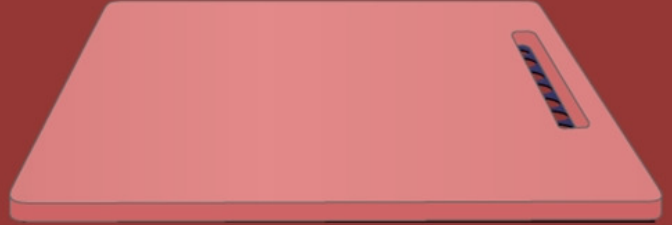


vegetables

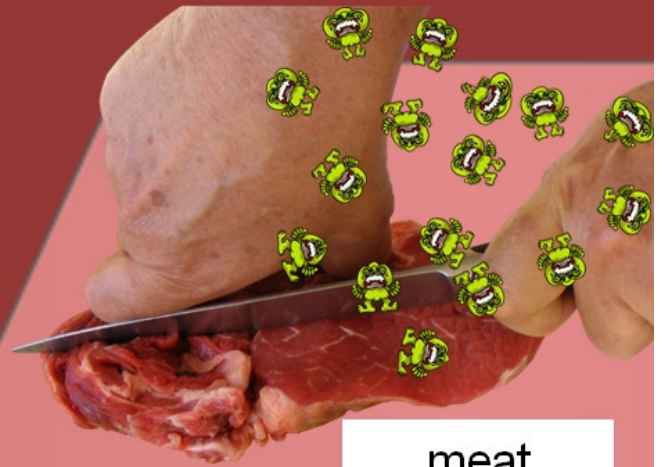


fruit

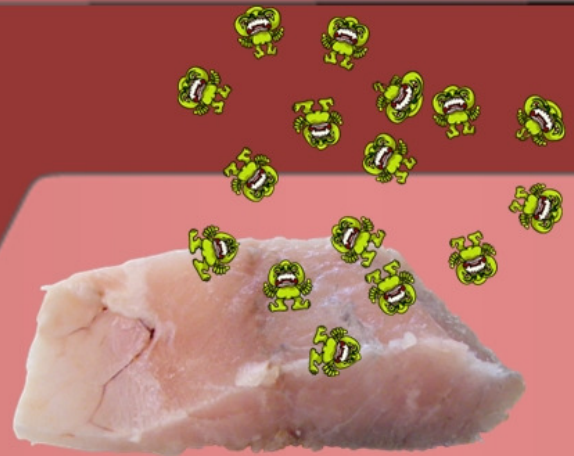
High risk



High risk cutting board



meat



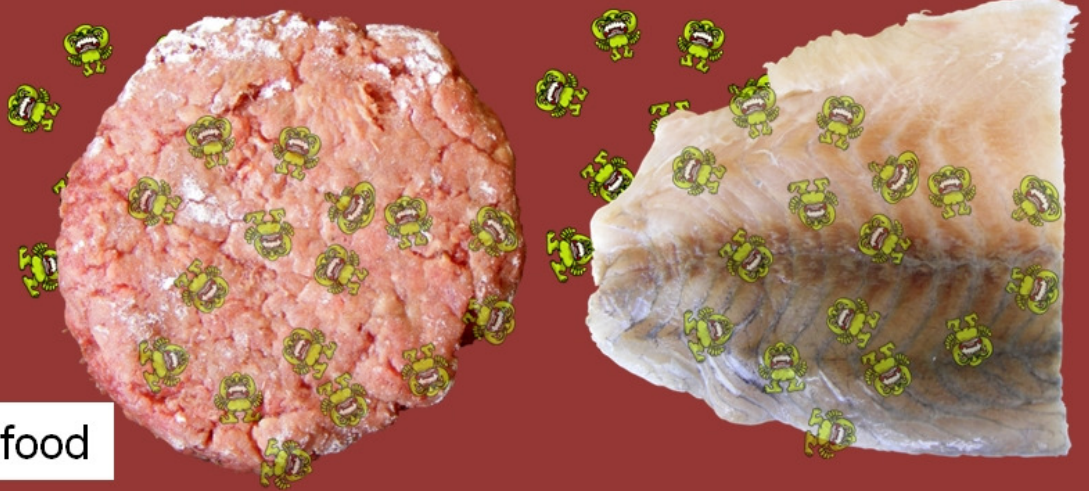
fish

High risk foods have lots of bacteria on them

Low Risk - High Risk Foods

Cooking kills the bacteria

High risk



Raw high risk food

Cook



Low risk



Cooked low risk food

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

Keep high risk foods away from low risk foods

High Risk Foods - Minced (ground) meat & whole cuts of meat

Minced (ground) meat must always be cooked all the way through

Bacteria mixed all the way through raw meat



Cook all the way through.

The middle must be at least **74** degrees centigrade



Rare **NOT** safe to eat



Safe to eat

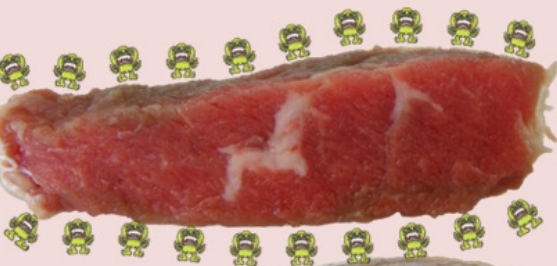


Whole cuts can be rare (part cooked) in the middle

Bacteria is only on the outside of whole cuts



Raw



Too rare - **NOT** safe



Rare



Well cooked



Make sure all the outside is cooked

Cooking kills bacteria

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

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

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:

- Identify the different food groups

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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