

Task 1 – Complete basic food hygiene test. [www.food-hygiene-certificate.co.uk/food-hygiene-quiz.aspx](http://www.food-hygiene-certificate.co.uk/food-hygiene-quiz.aspx)

Task 2: You are going to research 5 different types of food poisoning and find out what foods they multiply on, salmonella and e-coli. In whatever format you like research these five, their preferred foods, how you avoid them contaminating foods and cases where outbreaks have happened like restaurants supermarkets etc.

Task 3: Find 15 different methods of preserving foods.

What is preserving you might ask? The process of slowing down bacteria growth through heat, storage, packing and chemicals.

Find out the following. The name of the method, how it affects the bacteria, its advantages and its disadvantages. For example – Jamming: Uses sugar and heat to kill the bacteria. Jars are the sterilised to reduce amount of bacteria. It is can be done easily at home and in big batches but uses a lot sugar which is can result in Type 2 diabetes.

Task 4: Complete a Level 3 !!!! Food hygiene test.

<https://www.highspeedtraining.co.uk/hub/level-3-food-hygiene-quiz/>

Hand this in on the Hartismere Genie.