**Group 3**

CHILL

![C:\Users\Nina\AppData\Local\Microsoft\Windows\INetCache\IE\4P4J112K\1024px-Smile_Lirion.svg[1].png]() Form 4 groups. The first group reads part 1, the second group reads part 2, the third group reads part 3 and the fourth group reads part 4. While reading summarise the most important facts in a mind-map. Get back to the text and write down 3 to 4 WH-questions. Provide the correct answer to your questions.
Then get together with a person who has read the same part as you. Compare your findings and add any missing information.
Finally, get in groups of four and inform each other about the part of the text you have read. Write the questions on the board.

Chilling food properly helps to stop harmful bacteria from growing. Some food needs to be kept chilled to keep it safe, for example food with a ‘use by’ date, cooked dishes and other ready-to-eat food such as prepared salads and desserts. It is very important not to leave these types of food standing around at room temperature. Refrigerate promptly Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 4°C or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 4°C or below. The freezer temperature should be -18°C or below. So, make sure you do the following things:

* Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
* Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 30°C).
* Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Kitchen Thermometer

* Always marinate food in the refrigerator.
* Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
* Check chilled food on delivery to make sure it is cold enough.
* Put food that needs to be kept chilled in the fridge straight away.
* Cool cooked food as quickly as possible and then put it in the fridge.
* Keep chilled food out of the fridge for the shortest time possible during preparation.
* Check regularly that your fridge and display units are cold enough.
* Use or discard refrigerated food on a regular basis. Check USDA cold storage information at [www.fightbac.org](http://www.fightbac.org) for optimum storage times.