**Group 4**

COOK

![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.

Thorough cooking kills harmful bacteria in food. So it is extremely important to make sure that food is cooked properly. When cooking or reheating food, always check that it is steaming hot all the way through.

It is especially important to make sure that you thoroughly cook poultry, pork, rolled joints and products made from minced meat, such as burgers and sausages. This is because there could be bacteria in the middle of these types of products. They should not be served pink or rare and should be steaming hot all the way through. Whole cuts of beef and lamb, such as steaks, cutlets and whole joints, can be served pink/rare as long as they are fully sealed on the outside.

Cook to proper temperatures food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness.

* Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart on the back of this brochure.
* Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
* Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.

Kitchen Thermometer

* When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the internal temperature shown on the back of this brochure.
* Bring sauces, soups and gravy to a boil when reheating