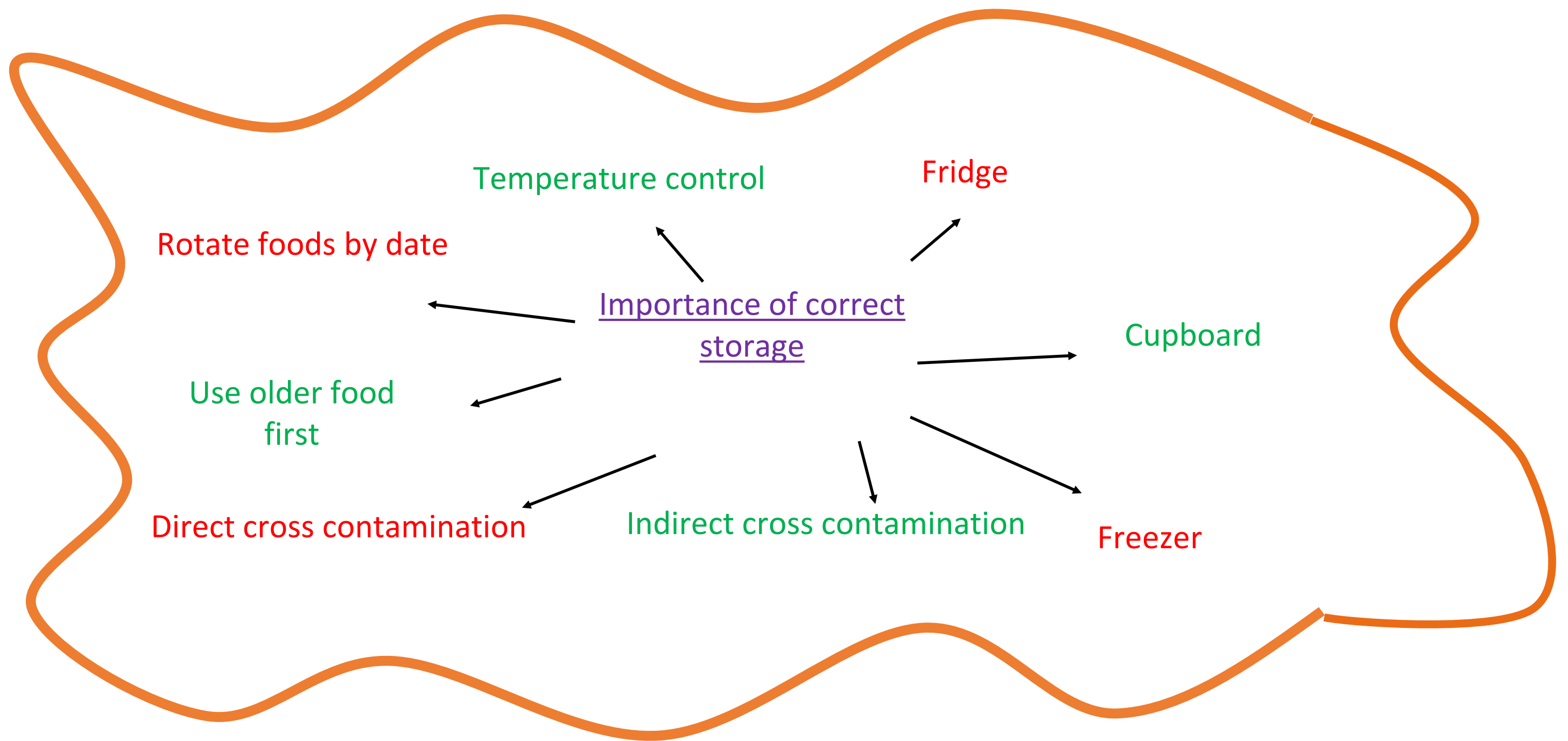




**Health and Safety**

Key word	Meaning
Pathogenic bacteria	A pathogen that causes food poisoning
Cross contamination	When bacteria transfers from one place to another
Salmonella	A type of pathogenic bacteria found in raw chicken and raw eggs
E Coli	A type of pathogenic bacteria found in raw meat, sewage and soil
Mise en Place	Putting into place
Hygiene	Things you do to stay healthy in an environment
Dormant	Still alive but functioning slowly or not at all
Listeria	A type of pathogenic bacteria found in unpasteurised cheeses
Hot hold	You hold the food at the temperature before you eat it to stop pathogenic bacteria from growing and multiplying
Pane	Flour, egg wash and breadcrumbs
Danger zone	Where pathogenic bacteria grows rapidly, with the right conditions



**Measurements**

Weight	Volume
1 kg = 1,000 g	1 kL = 1,000 L
1 g = .001 kg	1 L = .001 kL
1 g = 100 cg	1 L = 100 cL
1 cg = .01 g	1 cL = .01 L
1 g = 1,000 mg	1 L = 1,000 mL
1 mg = .001 g	1 mL = .001 L

**The Danger Zone**

