

Term 2 Memoranda**ACTIVITY 3: Harmful and Safe Ingredients**

1. Look at the **food label attached** to answer the following questions.  
 Use the notes above and name the following questions about the label:

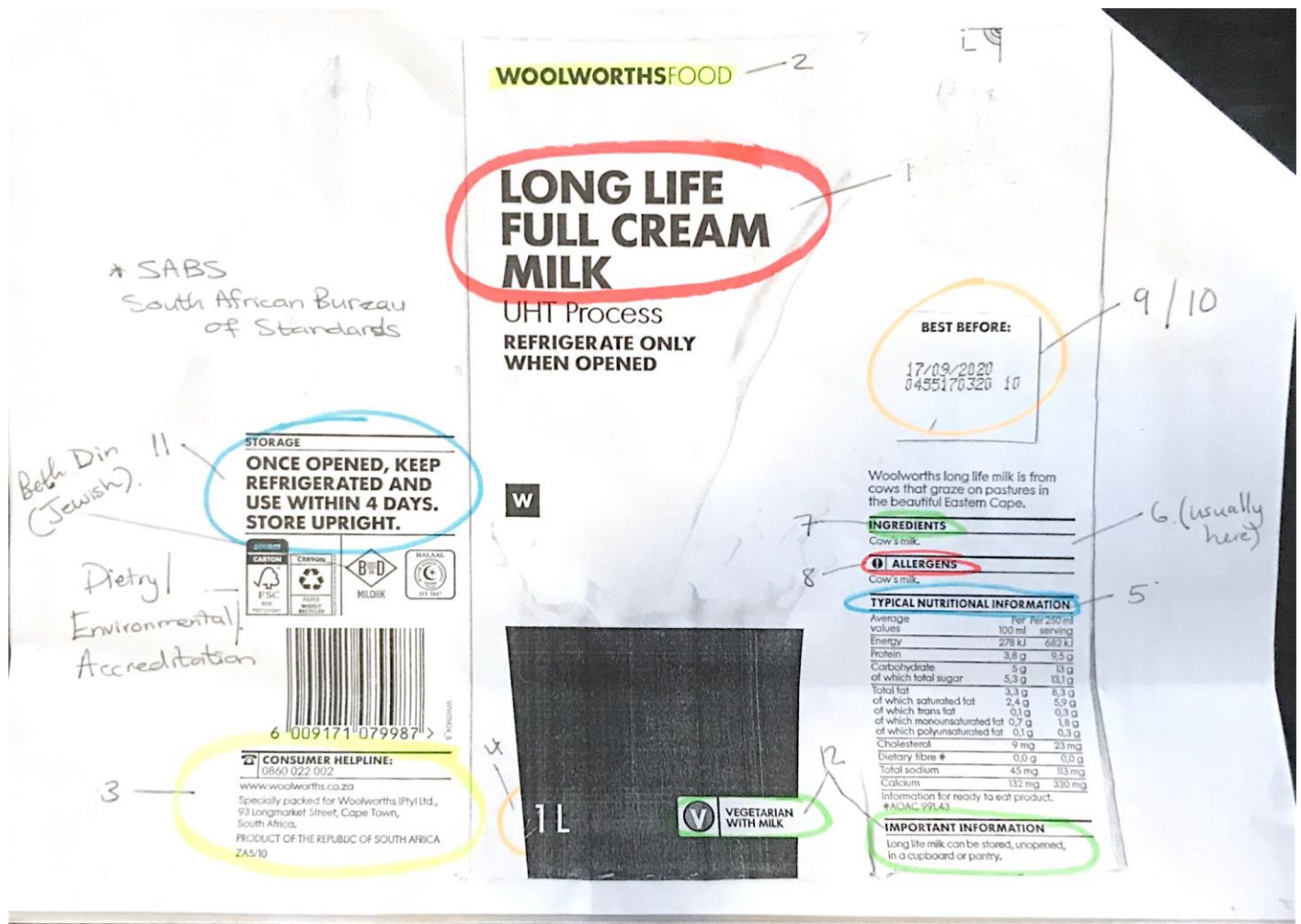
- a. Name of product  
**Low Fat Strawberry Flavoured Dairy Snack**
- b. Manufacturer's name  
**Pick n Pay (PnP)**
- c. Address and Contacts of the manufacturer  
**Pick n Pay Retailers (Pty)Ltd.**  
**Pick n Pay Office Park**  
**2 Allum Road, Kensington, 2094**  
**Consumer Care: 0800 11 22 88**  
**Website: [www.picknpay.co.za](http://www.picknpay.co.za)**
- d. Quantity of the product in the package  
**2L (Litre)**
- e. Ingredients list  
**INGREDIENTS**
- f. Sell-by, Use-by and/or Best-before dates  
**Sell-by: 29/05/2020**      **Use by: 01/06/2020 09:33**
- g. Manufacturing date  
**None**
- h. Storage instructions  
**Keep refrigerated and use within use by date, not suitable for freezing, use within 3 days of opening**
- i. Serving suggestion or Cooking instructions  
**Ready to drink** (9)

**OR USE THE MILK LABEL**

2. What vitamins and minerals do we find in the food? (1)  
**Calcium**
3. Name the additives that are in the food. (2)  
**Sugar, Stabilisers, Acidity Regulator, Preservatives, Flavouring, Colourant**
4. Name the food additive that is not in the food. (1)  
**Humectants**
5. Would you say this product is good to eat? Explain (2)  
**Yes (Answers may vary)**

**TOTAL: 15**

1.



**ACTIVITY 4: Harmful and Safe Ingredients**

Look for **your own food label** and stick it in your book.

**Circle and label or list** the following items from that label:

1. Name of product
2. Manufacturer's name
3. Address and Contacts of the manufacturer
4. Quantity of the product in the package
5. Nutritional Information
6. The additives in the food (**list these**)
7. Ingredients list
8. Allergens
9. Sell-by, Use-by and/or Best-before dates
10. Manufacturing date
11. Storage instructions
12. Serving suggestion, Cooking instructions or Opening instructions

**Answers will vary based on the label that the learner uses.**

**TOTAL: 12**

Term 2 MemorandaReading Skills**Food-borne diseases and how to prevent them (Platinum pg. 166-167)****Germs**

Many years ago, people often caught other diseases while they were in hospital. One doctor did an experiment. He asked the nurses and doctors who worked in one section of the hospital to wash their hands with soap and water each time they entered a ward. Soon he found a decrease in the number of people in that section who were catching new diseases. The experiment proved that people have germs on their hands that cannot be seen. It also proved that germs can be transferred to other people very easily. Soon doctors and all hospital staff washed their hands each time they worked with patients and many lives were saved.



Germs, called bacteria, live in us and around us. They are too small for us to see without special equipment, but we know that they exist and that they can cause illness very easily. Our bodies contain antibodies that are designed to defend us against harmful bacteria and viruses.

**Harmful bacteria in food**

Many different kinds of harmful bacteria can live in food that is not clean and fresh. When people prepare food, they can also transfer harmful bacteria to the food. If we eat food containing these bacteria, we can get sick with nausea, diarrhoea, and vomiting.

**How to avoid getting food-borne illnesses**

A simple way to prevent the spread of food-borne illnesses is to wash your hands properly before preparing or eating a meal.

A proper hand-washing technique means using soap and warm water and washing vigorously for 10–20 seconds. Make sure you reach all surfaces of your hands including your wrists, between your fingers, and under your fingernails. Rinse well and dry your hands with a clean towel.

Apart from washing your hands when handling food, it is important to also wash your hands after using the toilet, if you're coughing and sneezing, after touching cuts or skin infections, and after touching pets or other animals. Some foods have a high risk of containing harmful bacteria and should never be eaten. These foods include unpasteurised milk and raw meat.



Always cook chicken thoroughly so there is no bloody, pink or transparent (see-through) flesh. Undercooked chicken may have a bacterium called salmonella, which can cause food poisoning, a serious illness.

When you prepare food, it is possible for cross-contamination to happen. This means that you could spread harmful bacteria from raw meats, eggs, fish, or other foods to cooking utensils, cutting boards or cooking surfaces and ready-to-eat foods by touching first one thing and then the other. To prevent this from happening, wash your hands before and after handling raw foods, wash utensils and cutting boards that have come in contact with raw foods, and wash counter surfaces often.

Store leftover food in shallow containers in the refrigerator. Allow food to cool completely before closing the lid and placing in the refrigerator. This prevents harmful bacteria from growing. If you suspect that food might be spoiled, especially if it smells funny or has mould growing on it, throw it away.

1. Make a list of the times when you need to wash your hands. (4)
  - **Properly before preparing or eating a meal**
  - **Each time you work with patients**
  - **After using the toilet**
  - **If you're coughing and sneezing**
  - **After touching cuts or skin infections**
  - **After touching pets or other animals**
2. What does cross-contamination mean? (1)  
**When you unintentionally transfer bacteria or other microorganisms from one substance or object to another, with harmful effect.**
3. How can you be sure that chicken is properly cooked? (1)  
**When there is no bloody, pink or transparent (see-through) flesh**

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4. What happens to you if you eat food that is contaminated? (1)  
**You can get sick**
5. List the steps we take when we store leftover food. (2)  
- **Store leftover food in shallow containers in the refrigerator.**  
- **Allow food to cool completely before closing the lid and placing in the refrigerator**
6. Look at the illustrations on this page. Would you wash your hands before or after the scene in each illustration? Give reasons for your answer. (6)

 <p>- After To prevent getting germs all over me</p>	 <p>- Before and After To prevent getting sick from germs on my hands To prevent cross-contamination</p>	 <p>- After To prevent getting germs all over me and getting others sick again</p>
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TOTAL: 15