

# Food borne diseases

Name: \_\_\_\_\_

Food can become contaminated at any stage during its production, processing or cooking.




Food poisoning can be caused by:

- Not cooking food thoroughly.
- Not storing food that needs to be chilled at below 5°C.
- Someone who is ill or who has unclean hands.
- Eating the food after it has passed its 'use by' date.
- Cross-contamination (when harmful bacteria are spread between food, surfaces and equipment.)

Campylobacter is the most common bacterial cause of food poisoning.

Some bacteria that can cause food poisoning:

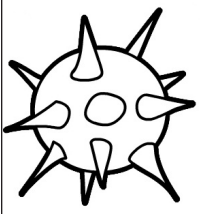
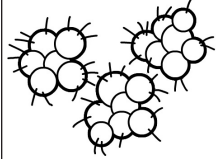


Name of bacterium	Original source	Risky foods	Time to develop	Symptoms
<p><i>Campylobacter jejuni</i></p> 	raw meat and poultry.	undercooked meat and poultry; raw milk and cross-contaminated food.	3-5 days of eating infected food.	fever, severe pain and diarrhoea
<p><i>Escherichia coli</i> <i>E. coli</i> O157:H7 is a very nasty strain it can be fatal</p> 	the gut of all humans and animals.	contaminated water, milk. Inadequately cooked meat, cross-contaminated foods.	3-4 days	inflammation, sickness and diarrhoe
<p><i>Listeria monocytogenes</i></p> 	everywhere	soft cheeses, paté, pre-packed salad; cook-chill products.	varies	fever, headache, septicaemia and meningitis



# Food borne diseases (continued)

Name: \_\_\_\_\_

Name of bacterium	Original source	Risky foods	Time to develop	Symptoms
<p><i>Salmonella</i></p> 	<p>gut of birds and mammals including humans - spread by faeces into water and food.</p>	<p>poultry, eggs and raw egg products, vegetables.</p>	<p>6-48 hours</p>	<p>diarrhoea, sickness and headaches.</p>
<p><i>Staphylococcus aureus</i></p> 	<p>the skin and noses of animals and humans.</p>	<p>cured meat; milk products; unrefrigerated, handled foods.</p>	<p>2-6 hours</p>	<p>sickness, pain and sometimes diarrhoea.</p>

Study the table and answer the following questions:

1. Name three ways in which food poisoning can occur: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
2. The most common food-poisoning is caused by the organism \_\_\_\_\_
3. What is the name of the bacterium found in poultry and raw egg products? \_\_\_\_\_
4. What is the name of the organism normally found in human intestines that can cause food poisoning? \_\_\_\_\_
5. List 5 common symptoms of food poisoning \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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