# Activity: Principles of food safety - Answers

	Step	Action you need to take		
1	Chop and peel the onions. Cut into dice.	Wash your hands.  Use a brown chopping board – make sure it's clean before you begin.  Use a vegetable or chef's knife – make sure it's clean before you begin.  Check the onions are fresh and unblemished.  Dispose of waste immediately afterwards.		
2	Peel and dice the carrots.	Wash your hands.  Use a brown chopping board – make sure it's clean before you begin.  Use a vegetable or chef's knife – make sure it's clean before you begin.  Check the carrots are fresh and u fl you're using the same knife as Dispose of waste immediately aft stock. Stir well. Bring to a simmer.		
3	Trim the beef of any excess fat.	Wash your hands. Use a red chopping board – mak Check the meat is fresh and unbl Use a chef's knife – make sure it's	10	Place the lid on the casserole and place in an oven at 180°C for 30 minutes. Then turn it down to 140°C for 2 hours.
4	Cut the beef into 2cm cubes.	Use the red chopping board. Use the chef's knife. Wash your hands immediately at	11	Prepare a green salad.
5	Heat a tablespoon of oil in a frying pan; place the meat in the pan and sear it.	Make sure the oil is hot enough to rry the meat.  If handling the meat, wash your hands immediately afterwards.  If there are oil splashes on the worktop, clean them.		
6	Transfer the meat to a dish.	Make sure the dish is clean.  Make sure the spoon you use is clean.		
7	Now fry off the onions and carrots in the same pan.	No specific action required.		
8	Peel and mince a clove of garlic and add to the vegetables in the pan.	Use a brown chopping board – make sure it's clean before you begin.  Use a vegetable or chef's knife – make sure it's clean before you begin.  Check the garlic is fresh and unblemished.		

Dispose of waste immediately afterwards.

If you're using the same knife as you have in a previous step, wash the knife.

# **Answers For Food For Today Activity Manual**

**Lei Huang** 

# **Answers For Food For Today Activity Manual:**

**Food for Today** Kowtaluk, 1997-12 Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976 Resources in Education ,1998 Writing from Within Level 2 Teacher's Manual Arlen Gargagliano, Curtis Kelly, 2011-11-21 This is a series that prepares students for paragraph and composition writing while making the process enjoyable Writing from Within Level 2 focuses on generating topics writing cohesive paragraphs and organizing them into clear logical compositions. The book contains twelve units each one centering around a final writing assignment As students prepare for their assignment they brainstorm ideas for writing and analyze sample paragraphs and compositions for both language and organization. The units offer a balance of introspective writing assignments with more conventional task based ones Level 2 writing topics include a major life event personal goals a research report and a newspaper articles Active Listening 2 Teacher's Manual with Audio CD Steve Brown, Dorolyn Smith, 2006-12-18 Active Listening Second edition for adult and young adult learners has task based units built around a topic function or grammatical theme Teacher's Manual 2 contains step by step practical teaching notes optional speaking activities and listening strategies culture notes and suggested times for completing lessons Photocopiable unit guizzes two complete tests with Audio CD and complete answer keys are also included **Resources in Vocational Education** ,1980

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