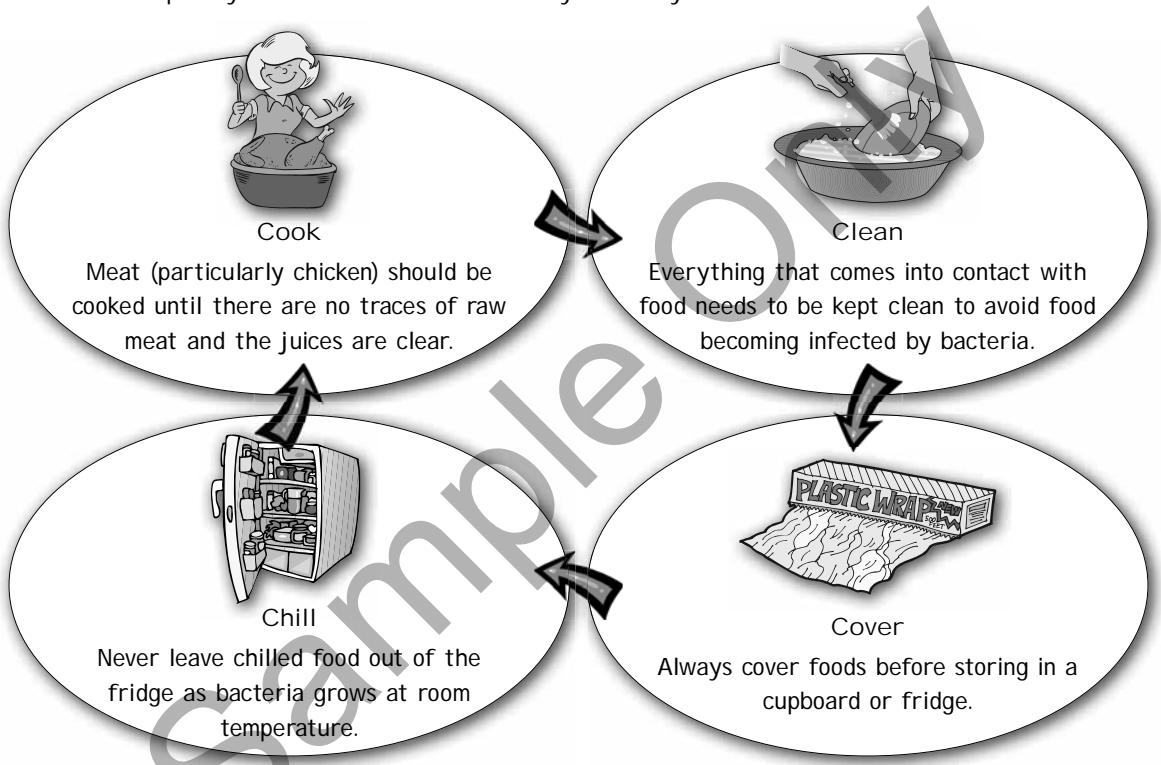




# Food and Nutrition

## Food Safety

Food safety stops the spread of bacteria through food preventing food poisoning. Food poisoning makes people very sick causing vomiting, diarrhoea or in severe cases even death. Food poisoning is often caused by the incorrect storage, preparation and cooking of food. Food poisoning can be reduced by using the four Cs developed by the New Zealand Food Safety Authority.



1. Describe a situation where you or someone you know got food poisoning. What were the circumstances that caused the food poisoning to occur? What were their symptoms?

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2. Identify three ways that personal hygiene can be improved when handling food.

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