

Practical 4 :

Use your [Dumplings](#) to complete the following table.

There are many sources of food-borne illness including bacteria, algae and viruses. It is important to understand how these sources of food-borne illness (and the types of food they affect) so that measures can be taken to prevent food contamination.

- 1. Identify the high risk foods in your recipe. Name the bacterium that could potentially cause food-borne illness.**

High risk ingredient	Name of Bacterium:	Description: describe where this bacterium could come from (a common source of food contamination)

2. Illness caused by allergic reactions to food

- Peanuts
- Shellfish
- Dairy products

Identify the foods in your recipe that might trigger allergic reactions. Describe allergic symptoms. Name at least two precautionary methods that need to be taken to prevent food becoming hazardous regarding allergies.

High risk ingredient	Allergy symptoms:	Precautionary measures to be taken:

4. Other causes of food-borne illness

<p>Chemicals such as :</p> <ul style="list-style-type: none"> • Cleaning and sanitizing chemicals • Natural plant toxins • Pesticides of fertilizers 	<p>Parasites such as :</p> <ul style="list-style-type: none"> • Giardia • Cryptosporidium 	<p>Metals such as :</p> <ul style="list-style-type: none"> • Mercury • Cadmium • Aluminum
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Choose one contaminant from the Chemicals group that could possibly be a risk in class during your practical and complete the table below:

Sources of Contaminant:	Describe where the contaminant could come from (a common source of food contamination)	Describe how it could get into or onto food (how it could contaminate food)	Describe two ways you could stop (prevent) this contaminant getting onto or into food		Describe two ways you could stop people from getting sick from food contaminated with it.	
			example 1	example 2	example 1	example 2

1							
2							
3							