Safe methods – SM7 Temperature checks

Overview of activity:	This is a practical activity where learners are asked to check the temperatures of refrigeration and chilled storage equipment, together with the temperatures of foods stored within them.
Learning objective:	Demonstrate your ability to check temperatures accurately. Check thermometers for accuracy. Explain the procedures you have to follow to prevent cross-contamination when probing foods. Identify the factors that affect temperature fluctuations of food within refrigeration equipment.
Target audience:	Can be undertaken across all levels with varying amounts of support.
Additional resources required:	Fridges, chilled display units, probe thermometers, food items (dummy food items e.g. a jacket potato or block of lard, may save on food wastage) antibacterial wipes (or equivalent), ice, boiling water.
Estimated duration of activity:	This activity can be tailored to meet the time available and the amount of support required, based on the levels of ability of the learner (30 minutes – 1.5 hours).
Links to other resources:	
Guidance notes:	This activity could be completed as either a stand-alone activity as part of a theory/practical session or, after a briefing, integrated into a practical session, to be completed over a period of time.

FOOD STANDARDS AGENCY

Temperature checks

It is essential to keep chilled food cold to prevent harmful bacteria from growing on the food.

It is recommended that fridges and chilled display equipment are set at 5°C or below. This will make sure the food inside them is kept at 8°C or below, which is a legal requirement in England, Wales and Northern Ireland.

You should check the temperature of your chilling equipment at least once a day.

Temperature checks

1. For this task, you will be given an item of refrigeration equipment to check. It may have a digital display to show what temperature it is set at. If so, record this temperature in the box.

   Digital display reading:

2. To check the temperature of the fridge inside, you will need to use a thermometer. You will need to check that the thermometer is working properly by placing in iced water and then in boiling water. In iced water the temperature should read between -1°C to 1°C. In boiling water, the temperature should be between 99°C and 101°C. After checking your thermometer, record your temperature readings in the boxes.

   Thermometer in iced water:

   In boiling water:

FOOD STANDARDS AGENCY

3. If the thermometer is accurate, you now need to take the temperatures of food in the fridge.

- Insert the probe so the tip is in the centre of the food.
- If using a dial thermometer, leave for two minutes before taking a reading.
- If using a digital thermometer, wait for the display to even out before taking a reading.
- Record the temperature of the food item in the box.

Food item temperature 1:

IMPORTANT:
Once you have finished taking the temperature, it is essential you clean and disinfect the probe to prevent cross-contamination

4. Check the effectiveness of the equipment by testing another food item in a different part of the fridge.

Food item temperature 2:

The temperatures in refrigeration equipment may change throughout the day.

Give three reasons why this might happen.

1.

2.

3.