

Safe methods – SM7 Temperature checks

Subject	Details
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:	<p>Demonstrate your ability to check temperatures accurately.</p> <p>Check thermometers for accuracy.</p> <p>Explain the procedures you have to follow to prevent cross-contamination when probing foods.</p> <p>Identify the factors that affect temperature fluctuations of food within refrigeration equipment.</p>
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.

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:

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.