 Australian food safety

To Mrs. Monella

Mr. Tamination has already told me about the situation concerning your husband. The culprit for the crime is yes indeed, bacteria that you left in the meal. The conditions were met for the bacteria to multiply. First off, it had sufficient time to grow as you went shopping and left your groceries in the hot car.

Heat is another factor too. There are certain temperatures for bacteria to develop in high risk foods (such as meat, chicken and vegetables). The food must either be above 60 degrees or below 5 degrees. If it is not in range in either one of those, then the food has entered the temperature danger zone where it is just right for the bacteria to grow. The solution for this is to put it in the refrigerator as soon as possible.

As I recall, Mr Tamination was also telling about your cooking habits in the kitchen. You had began handling the food without washing your hands, and so all the germs you were touching from your pet, to the bin, all of it was going into your food.

One thing to remember here Mrs. Monella, is to always wash your hands before handling food and if you need to blow your nose or do anything with your face and hair while cooking, please clean after done so.

Also, you must take care of cleaning your workspace, bench and utensils after every use. For example, when you finish cutting the meat or chicken, remember to clean your knife and chopping board with water before you begin cutting the vegetables with the same things. For this is a serious case of food poisoning through cross contamination.



From Dr. Sara 25/7/2012

Family doctor