

Unit 207: Food safety

Activity 2: High and low risk foods

High risk foods are those which are most likely to be involved in food poisoning cases. Identify from the list below which foods are high risk and which are low risk. Place a ✓ in the correct column

Food product	High risk	Low risk
Wholemeal bread		
Cheese and ham quiche		
Fresh pineapple		
Custard tart		
Fresh cream cake		
Roast potatoes		
Prawn cocktail		
Baked rice pudding		
Frozen fish fingers		

Grilled beef burger		
Beef gravy		
Oysters		