

Unit 207: Food safety

Activity 2: High and low risk foods (Tutor)

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	✓	