GLOSSORY

Escherichia coli (E. coli): A pathogenic foodborne bacteria that causes gastrointestinal illness that occurs within five days of eating contaminated food.

Mould: A fine and usually furry growth of microscopic fungi found on food objects and surfaces exposed to moist air.

Perishable foods: Foods that are easily susceptible to spoilage unless properly stored.

Salmonella: The bacteria found in contaminated food such as poultry, meat and eggs that causes the human illness, salmonellosis.

Spores: The tiny reproductive cells of lower organisms such as fungi, algae and certain bacteria. Spores have thick walls which means they are highly resistant to heat and dehydration and capable of surviving through cooking. When conditions are right spores are capable of growing into new organisms and because of this they increase the risk of food poisoning.

Staphylococcus aureus: Bacteria commonly found in custard or creamfilled baked goods, ham, poultry, eggs, potato salad, cream sauces and sandwich fillings. They are found on our skin and food handlers can contaminate food during preparation. Symptoms of eating contaminated food include severe nausea, vomiting, cramps and diarrhoea.

Pathogen: Any micro-organism capable of producing disease, such as certain bacteria, parasites, viruses or fungi.

Aerobic Bacteria: that require oxygen to grow or will grow in the presence of oxygen.

Anaerobic Bacteria: that do not utilize oxygen to grow, or will not grow in the presence of oxygen.

Heat labile: Destroyed or altered by heat.

Microflora: Bacteria, molds, and yeasts.

pH: Level of acidity or alkalinity in a product. The pH scale ranges from 1 to 14, with 7 considered neutral, 1 the most acidic, and 14 the most alkaline. Fresh meat usually has a pH near 5.6.