

How to



1) Take a temperature of hot food

Why is it important?

Taking and recording a temperature of food enables a simple check to be performed to ensure that food is cooked to a safe standard so that it can be eaten without anyone worrying whether or not they will get ill.

Using a temperature probe for measuring temperatures

1. It should be ensured that food is cooked to a temperature of 75°C degrees plus.
2. To ensure this, a probe thermometer should be used – **only a probe designated for cooked / ready to eat food should be used.**
3. Before using the probe it should be cleaned with disinfectant probe wipes.
4. In order to check the temperature of the food, the probe can be inserted into the thickest or widest part of the food.
5. If 75°C is achieved, then it should be assumed that the food product is cooked to suitable standard and is safe to eat.
6. The probe should then be cleaned and sanitized.
7. In compliance with the university HACCP documentation, these temperatures found should be recorded in the university 'Food safety record book', under the 'Food cooking temperature record' section.

Calibrating a food probe

Ensure that the probe is calibrated correctly and this is recorded in the Food safety Record book. In order to do this, the probe should be placed into boiling water, at a known temperature of 100°C. The probe reading should display this temperature, providing evidence that the probe is working correctly and that it is safe for use.

How to?

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Check your understanding by:

What temperatures should you look for when identifying if food is cooked fully?

Do you know how to correctly clean a food probe, and when?

Where would you record temperature findings?

Why are these records kept?

Briefly describe the process of calibrating a thermometer to provide evidence that it is working to a suitable standard.

You can tell it's correct if:

A temperature reading is given by the thermometer.

This temperature is similar to what is expected e.g.
Cooked food: 75°C.

Hints and tips

If you believe that food is likely to be cooked, then the probe thermometer should rapidly display temperatures close to 75°C. If the probe display only slowly rises from lower temperatures, this is an indication that the food may not be anywhere near safe temperature.