



Food safety advice

COOKING TEMPERATURES

It is important to ensure that the food is cooked thoroughly. One way of demonstrating this is to keep a record of cooking temperatures of high-risk foods like joints of meat, poultry etc. This form is a sample that you could use. You may prefer to write your temperatures in your Safer Food Better Business diary.

Core temperature of the food should be greater than 75°C for 30 seconds

week commencing	Mon		Tue		Wed		Thu		Fri		Sat		Sun		comments
	food	temperature													