













## Worksheet 2

### Bugs and where you can pick them up

Name of bug	Where you can get this bug from
<p>Campylobacter</p> 	<p>Campylobacter is the most common cause of food poisoning in the Western world. You can get it by touching raw chicken or by eating chicken which hasn't been cooked properly.</p> 
<p>Salmonella</p> 	<p>Salmonella is the second most common bacterial cause of foodborne illness in Scotland. Salmonella can be found in raw meat, poultry and unpasteurised milk and dairy products.</p> <p>Proper cooking of food kills salmonella.</p>  
<p>Listeria</p> 	<p>Listeria can be found in chilled ready-to-eat foods such as cooked sliced meats, types of soft cheese, smoked fish and pre-packed sandwiches.</p> <p>Listeria can grow at cold temperatures, so keep your fridge below 5°C.</p>  
<p>E. Coli</p> 	<p>You can get E. coli poisoning if you eat meat, like burgers, that isn't cooked properly.</p> <p>Harmful E. coli bugs come from the guts of animals and humans. Yuk!</p> <p>They are killed by cooking food thoroughly all the way through to 75°C – you can check this with a food thermometer.</p>  
<p>Norovirus</p> 	<p>Norovirus is very infectious which means it can easily be passed on from person-to-person.</p> <p>It is called the 'winter vomiting bug', but it can happen at any time of the year. You can also get it from shellfish and some fresh produce such as berries.</p> 