

# Thank you for volunteering to take part in this thermometry research study.

## HOW TO USE THE COOKING TEMPERATURE PROBE:

1. When a piece of meat comes to the end of the cooking time stated on the packaging, remove it from the oven.
2. Turn on the probe by pressing the 'On/Off' button. Press the '°C/°F' button so the probe measures temperature in Celsius (°C).
3. Insert the probe into the meat:
  - If cooking a whole bird, insert the probe into the thickest part of the breast, the innermost portion of thigh and the innermost portion of the wing.
  - If you are cooking a joint of meat such as pork or ham, insert the probe into the centre of the joint.
  - Make sure the probe does not touch the bone or roasting tin.
4. Wait at least 20 seconds for the temperature to stabilise:
  - If the temperature is below 75°C in any part, remove the probe and return the meat to the oven to continue cooking.
  - If the temperature is 75°C or above, it doesn't need to be cooked any longer.
5. When your meat is 75°C or above, take a picture of the probe in the meat clearly showing the temperature.
6. Ensure that you clean the probe after each use to avoid cross-contamination. Use hot soapy water or an antibacterial wipe and dry with kitchen paper. Do not immerse the probe in water.



## HOW TO USE THE FRIDGE THERMOMETER:

1. Put the thermometer in the fridge door storage area.
2. Leave the fridge door closed for at least 15 minutes.
3. Check the temperature on the thermometer. If your fridge is above 5°C, gradually adjust the dial, and re-check in a few hours. Adjusting the dial too quickly may result in freezing.
4. Once your fridge is running at a temperature of 5°C or below, take a picture of the thermometer in the fridge clearly showing the temperature.



## HOW TO TAKE PART IN THE RESEARCH STUDY:

- Go to [www.tinyurl.com/temperature-research](http://www.tinyurl.com/temperature-research) or scan the QR code with your smartphone to upload pictures of the temperature probe and the fridge thermometer to the online portal and answer a few questions.
- The portal will close on 30 September. Four people will win £25 vouchers.



If you have any questions, please contact Ellen on [elevans@cardiffmet.ac.uk](mailto:elevans@cardiffmet.ac.uk)

For food safety information visit: [www.foodstandards.gov.scot/consumers/food-safety/at-home](http://www.foodstandards.gov.scot/consumers/food-safety/at-home)

Submission of a picture implies consent to participate and is required to be eligible to win a voucher.

Ethical approval has been obtained from Cardiff Metropolitan University (Ref: Sta-8405).

## Cooking food safely:

You can avoid getting food poisoning by cooking your food carefully, following cooking instructions and cooking food for the correct length of time and temperature. This ensures that any harmful bacteria in the food are killed. Here's some tips:

- A food thermometer can be used to check food is cooked thoroughly, food should be 75°C or above in the thickest part. Some foods change colour when they are cooked so you can check this too.
- Always check your food is steaming hot in the middle.
- Make sure frozen vegetables are cooked before you eat them. If intending to use cold, cook first, cool quickly and store in the fridge for up to two days.
- If you are cooking a large dish you may have to check in more than one place that it is cooked properly.
- Always follow cooking instructions on labels.
- Don't reheat food more than once.
- When reheating, take extra care your food is heated all the way through.

## Cooking meat:

When cooking certain meats they should be cooked thoroughly all the way through. To check that meat is cooked properly it is a good idea to use a food thermometer. Alternatively, the meat should also be steaming hot when you cut into it, the juices run clear and there should be no pink meat. This advice applies to cooking poultry, pork, minced meat products such as burgers, sausages and kebabs.

If you're cooking a whole chicken or other bird, pierce the thickest part of the leg (between the drumstick and the thigh) with a clean knife or skewer until the juices run out. The juices shouldn't have any pink or red in them and reach a temperature of 75°C, when using a food thermometer. Kidneys, liver and other types of offal should be cooked thoroughly until they're steaming hot all the way through.

## Rare meat:

Meats such as steaks and joints of beef or lamb, can be served rare as long as the outside has been properly cooked or sealed to kill the bacteria. But that doesn't apply to all joints: rolled joints need to be cooked all the way through and checked using the juices and core temperature method.

## Refrigeration:

Your fridge is a weapon in the battle against germs, but it must be used effectively. Some foods need to be kept in the fridge to help stop or slow down bacterial growth and keep them fresh and safe for longer. Generally, the colder the temperature the slower bacteria will grow, but cold temperatures don't always stop bacteria growing altogether.

Here are a few useful things to remember about chilled foods and your fridge:

- Look out for 'keep refrigerated' on labels.
- Keep your fridge between 0°C and 5°C – and regularly check the temperature with a thermometer. You can use the built in dial/gauge inside the fridge to change the power setting (typically the higher the value the more power the fridge uses to take the temperature down; if in doubt, check the manufacturer's instructions for your fridge). Note: this built in dial/gauge does not represent the temperature in °C.
- Wait for food to cool down before you put it in the fridge (do not let it sit at room temperature for longer than 1-2 hours).
- If your fridge is full, turn the temperature down, but it is best to leave space as this allows air to circulate and maintain the set temperature.
- Don't leave the fridge door open.
- When you're eating outside at a barbecue or picnic, use a cool bag or cool box.
- If you're putting out food for a party, don't leave it out for more than four hours.

## Leftovers:

If you have cooked food that you aren't going to eat straight away, cool it as quickly as possible (ideally within one to two hours) and then store it in the fridge.

To make sure your leftovers are safe to eat:

- Don't keep them for longer than two days.
- Don't keep rice for longer than 24 hours and only reheat it once.
- When reheating food, make sure it's steaming hot all the way through.
- Don't reheat food more than once.

One of the main reasons for food waste is because people make more than they need. If you cook too much food, using leftovers is a good way to reduce the amount of food you waste and save money too, just make sure you do it safely.