

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف ملخص مراجعة امتحان نهائي الوحدة العاشرة

[موقع المناهج](#) ← [المناهج الإماراتية](#) ← [الصف الثاني عشر](#) ← [علوم صحية](#) ← [الفصل الثالث](#)

روابط مواقع التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

[الرياضيات](#)

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المزيد من الملفات بحسب الصف الثاني عشر والمادة علوم صحية في الفصل الثالث

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HEALTH SCIENCES

FINAL SUMMARY EXAM

TEARM (3)
GRADE (12)



Teacher : Amira Moustafa Gamea

UNT (10)

Food safety and hygiene

What are foodborne illnesses? الأمراض المنقولة بالغذاء

Is an illness that happens as a result of eating foods that contain disease causing - microorganisms. المرض الذي ينتقل عن طريق الغذاء هو مرض يحدث نتيجة تناول الأطعمة التي تحتوي على أمراض مسببة للكائنات الحية الدقيقة .

The most common disease-causing microorganisms found in food are bacteria, parasites, fungi, viruses, or chemicals.

أكثر الكائنات الحية الدقيقة المسببة للأمراض شيوع البكتيريا , الفيروسات , الفطريات , الطفيليات أو المواد الكيميائية

They may cause:

- Nausea غثيان
- Vomiting قيء
- Abdominal cramps تشنج بالبطن
- Diarrhea إسهال

Usually, they happen suddenly and last a short time. They can occur from 6-72 hours after eating contaminated food.

There are many opportunities for contamination to happen, including during:

- Growth النمو
- Harvesting الحصاد
- Slaughter الذبح
- Processing المعالجة
- Storage التخزين
- Transportation النقل
- Preparation in a kitchen التحضير داخل المطبخ

Bacterial growth

They need certain conditions to grow:

- Time – bacteria double every 15 minutes
- Warmth – bacteria need warmth to multiply
- Food – bacteria need nutrients to grow
- Water – bacteria need moisture رطوبة to grow

10.2

BACTERIAL GROWTH

TIME

- Bacteria double every 15 minutes.
- This means that within six hours, one bacterium can multiply to over 16 million.

WATER

- Like most living things, bacteria need moisture to grow.
- They use water to take in food and to remove waste products.

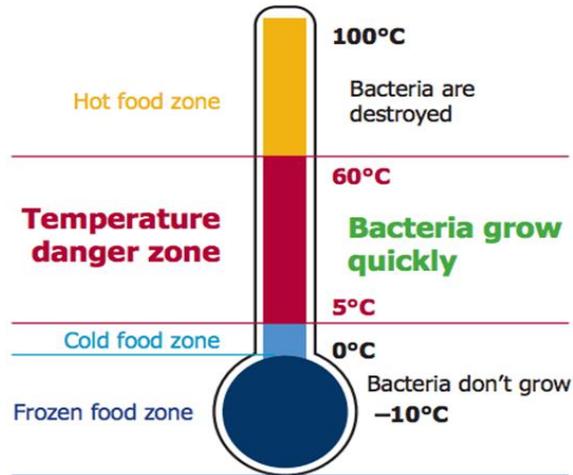
WARMTH

- Bacteria need warmth to multiply. The ideal temperature is 37° C.
- They can multiply in temperatures between 5° C and 60° C.

FOOD

- Just like people, bacteria need nutrients to grow.
- Their favourite foods include meat, seafood, milk, cheese and eggs.

- The temperature danger zone is between 5°C and 60°C, when it is easiest for harmful bacteria to grow in food
- Minimise the time that food spends at these temperatures in order to keep food safe
- Refrigerated food needs to be kept at 5°C or below
- Hot food needs to be kept at 60°C or above



High-risk foods

Some foods are more likely to make you sick than others

If they are not cooked to a safe temperature, or stored or handled properly, there is a higher chance they will make you sick

High risk foods include:

- Poultry الدواجن
- Eggs
- Seafood
- Rice
- Vegetables

What is cross-contamination?

- Three main types of cross-contamination:

1. Food-to-food

- This is the process of adding contaminated food to non-contaminated food
- Harmful bacteria spread and multiply
- Raw نيئ , undercooked or unclean food can contain large amounts of bacteria
- Example – adding unwashed, contaminated lettuce خس to a fresh salad can contaminate the other ingredients



1. Equipment-to-food

- Bacteria can live for a long time on surfaces like countertops, cutting boards لوحة التقطيع , utensils الأواني , storage containers, and factory equipment
- It is very important to wash all surfaces and equipment properly using soap and hot water

2. People-to-food

- It is easy for humans to transfer bacteria from their bodies or clothes to food
- This includes using dirty tea towels مناشف
- A person could cough into their hand and continue to prepare a meal without washing their hands

To prevent cross-contamination لمنع انتقال التلوث

الوان لوحة التقطيع الذي يجب أن تستخدم لكل طعام Cutting board colours you should use for each food

Prevent cross contamination

Use the correct colour coded chopping boards and knives



Five keys to safer food

10.4  **5 KEYS TO SAFER FOOD**

The WHO have outlined 5 key steps to improving the safety of the food we eat and reducing the chance of getting foodborne illnesses



KEEP CLEAN

- Wash your hands before handling food and during food preparation
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals

SEPARATE FOODS

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment
- Store food in containers to avoid cross-contamination

SAFE RAW MATERIALS

- Use safe, clean water
- Select fresh and wholesome foods
- Choose foods processed for safety like pasteurized milk and wash fruit and vegetables before eating
- Don't exceed expiry date

COOK THOROUGHLY

- Cook food well, especially meat, poultry, seafood and eggs
- Bring foods like soup to boiling to make sure they have reached 70°C or make sure juices are clear, not pink
- Ideally use a thermometer

STORE AT SAFE TEMP.

- Do not leave food at room temperature for more than two hours
- Refrigerate all perishable food to below 5°C and cook food to above 60°C before serving
- Do not thaw (unfreeze) food at room temperature



1. Keep clean

- Just because something looks clean it does not mean that it is
- It takes over 2.5 billion bacteria to make 250ml of water look cloudy
- In some cases, it only takes 20 harmful bacteria to make a person sick

Hand washing

You should wash your hands:

- Before handling food قبل تناول الطعام
- Before eating قبل الأكل
- After going to the toilet بعد الذهاب الى المراض
- After handling raw meat or poultry بعد التعامل مع اللحوم النيئة أو الدواجن
- After blowing your nose بعد نفث أنفك
- After handling rubbish بعد التعامل مع القمامة
- After handling cleaning products بعد التعامل مع منتجات التنظيف
- After touching animals or playing with pets بعد ملامسة الحيوانات الأليفة أو اللعب معها
-



Here is some general advice from the WHO:

- Clean while preparing food so bacteria do not have a chance to grow
- Pay special attention to equipment that may touch both raw food and the mouth
- Sanitise cutting boards and equipment after they have been in contact with raw meat or seafood
- Don't forget to clean and dry the cleaning equipment as bacteria grow fast in damp places

Protect food from pests حماية الطعام من الآفات

Pests include cockroaches الصراصير , mice, rats, flies, and insects.

Pets carry pests in their fur or their feet.

Do the following things to keep food safe from pests:

- Food should be covered or in closed containers
- Rubbish bins should be covered
- Remove rubbish regularly
- Food preparation areas should be in good condition
- Keep house pets الحيوانات الأليفة away from food preparation areas



2. Separate raw and cooked food

- While shopping, keep raw meat, poultry and seafood separate from other foods
- In the fridge, store raw meat seafood and poultry on shelves الأرفف or sections below cooked foods
- Store food in containers with lids to stop raw and cooked foods from touching

- Wash plates that have been in contact with raw foods, and always use a clean plate for cooked foods

3. Cook thoroughly

- Proper cooking can kill almost all dangerous bacteria
- Cooking food to **70** degrees Celsius can ensure it is safe to eat
- Use a thermometer to check that the food has reached 70 degrees
- Make sure thermometer is cleaned and sanitised after each use

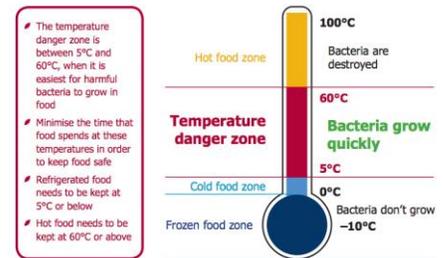


If you don't have a thermometer, you can:

- Cook meat and poultry until the juices are clear and the inside is not pink
- Cook eggs and seafood until piping hot **حار جداً** the whole way through
- Boil liquid-based foods like soups and stews **الحساء** . Allow them to remain boiling for at least one minute

4. Keep food at safe temperatures

- The danger zone is the temperature range between 5-60 degrees Celsius
- This is where bacteria multiply very quickly
- Bacteria cannot grow if it is too hot or too cold
- Cool food and store all leftover food quickly. Slice larger pieces of meat into smaller pieces and place food in a clean, cool container
- Leftover food should not be stored in the fridge for more than three days and should not be reheated more than once
- Thaw **ذوبان** frozen food in the fridge



5. Use safe water and raw materials

- Safe water is free from dangerous bacteria and chemicals that could cause illness
- Be careful when buying raw materials and carry out simple measures
- *Wash and peel fruits and vegetables to reduce the risk of eating dangerous bacteria*

Safe water is needed to:

- Wash fruit and vegetables
- Add to food and drinks
- Make ice
- Clean cooking equipment
- Wash hands



Food allergies and intolerances الحساسية الغذائية وعدم تحمل الطعام

Name 8 foods that are known to cause allergies.



Comparison of allergies and intolerances

Food allergy	Food intolerance
<ul style="list-style-type: none">• It usually comes on suddenly• Small amounts of food can trigger a reaction• A reaction happens every time the food is eaten• It can be life-threatening	<ul style="list-style-type: none">• It usually comes on gradually• A reaction may only happen when a lot of the food is eaten• A reaction may only happen is the food is eaten often• Is not life-threatening

Symptoms of allergic reactions	Symptoms of food intolerances
<ul style="list-style-type: none">• Rashes or hives طفح جلدي و حكة• Itchy mouth حكة بالفم• Swelling of face, tongue and lips تورم• Trouble breathing	<ul style="list-style-type: none">• Gas• Stomach cramps/bloating انتفاخ• Heartburn حرقة بالمعدة• Headaches
Symptoms of both	
<ul style="list-style-type: none">• Nausea غثيان• Abdominal pain ألم بالبطن• Diarrhoea إسهال• Vomiting قيء	

Anaphylaxis

Anaphylaxis is a severe allergic reaction that can make it difficult to breathe. It can lead to swelling of the face or tongue.

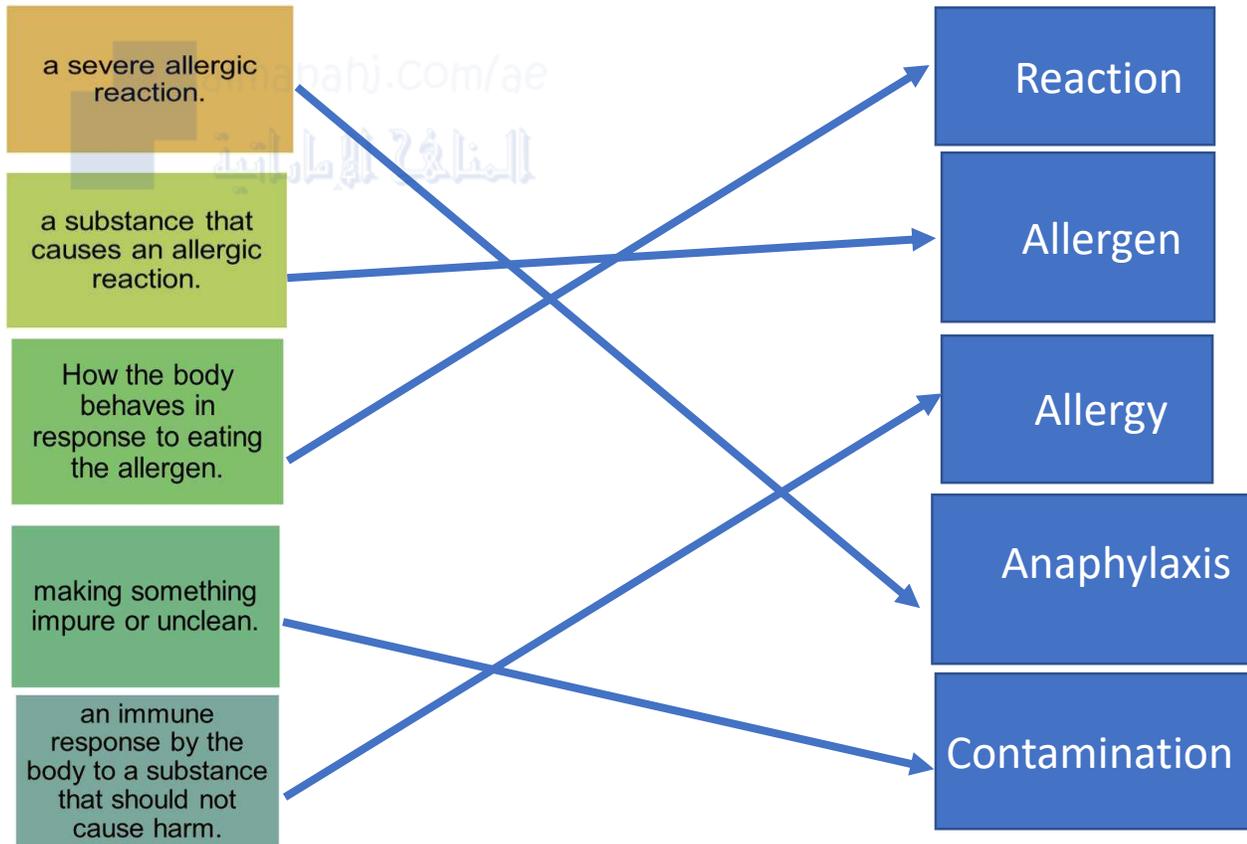
A severe allergic reaction حادة is called anaphylaxis الحساسية المفرطة . Anaphylaxis can lead to death. It is a medical emergency.

Signs and symptoms are:

- Severe shortness of breath. ضيق شديد في التنفس.
- Skin rash. طفح جلدي
- rapid weak pulse. نبض ضعيف سريع
- Loss of consciousness. فقدان الوعي

If a person has a severe allergy to something, they might carry an **epinephrine/ adrenaline Auto-injector** حقن الإبينفرين / الإدرينالين. It can save their life if they are experiencing anaphylaxis.

12. Match these words with their meanings.



*My best wishes for success,
doctors of the future
Teacher: Amira Moustafa Gamea*

