

# Safe Cooking Temperatures ●

Standard advice is to cook food until it reaches a core temperature **80°C for 6 seconds**

To safely remove bacteria from food, you must not only cook to a high temperature, but this must be done for a certain period of time. When using a probe to check the temperature of your food items, it must display the temperature for a certain length of time - such as 80 °C for 6 seconds. Other temperature and time combinations are as follows:

- **60°C** for 45 minutes
- **65°C** for 10 minutes
- **70°C** for 2 minutes
- **75°C** for 30 seconds
- **80°C** for 6 seconds



DATE	PRODUCT	INTERNAL/CORE TEMPERATURE	ADDITIONAL COOKING REQUIRED?	INITIALS
<b>Monday</b> (DD/MM/YY)				
<b>Tuesday</b> (DD/MM/YY)				
<b>Wednesday</b> (DD/MM/YY)				
<b>Thursday</b> (DD/MM/YY)				
<b>Friday</b> (DD/MM/YY)				
<b>Saturday</b> (DD/MM/YY)				
<b>Sunday</b> (DD/MM/YY)				

Completed sheet verified by: \_\_\_\_\_ Date: \_\_\_\_\_