



<https://food-sta.eu>

Co-funded by the
Erasmus+ Programme
of the European Union



title	Safe defrosting of foods
category	Food hygiene and Food Safety Management in the catering sector
format	Animated cartoon (Video)
Workload	0.5 hours
target groups	Owners, managers, employees of the food catering sector, students
Language	english
pre knowledge expected	None
learning outcomes	After successful completion of the activity, the participants: <ol style="list-style-type: none">1. Are aware of the importance of the safe defrosting of foods2. Know methods to defrost foods3. Are aware of the unsafe practices that they should avoid
content	<ul style="list-style-type: none">• Safe food defrosting methods• Importance of time while defrosting foods• Risks associated unsafe defrosting practices• Ice crystals in foods related to defrosting process• Avoidance of frozen center when cooking the food
access	The material will be accessible on the Food-STA training platform https://food-sta.eu
assessment	None