

# Safety and Hygiene Practices

The Core Food Safety and Hygiene Practices in the Food Industry fall under 3 main headings;

## 1. Personal Hygiene

- As a person who handles food- whether you are a chef, kitchen hand, a food process worker or waiter – you have an important responsibility to handle food safely.
- In order to prevent Food Poisoning and other food related illnesses, it is important that you;
  - Thoroughly wash and dry your hands before handling food to ensure that you get rid of any bacteria.
  - Never cough or sneeze over food or where food is prepared or stored.
  - Wear clean protective clothing, such as an apron and hair net.
  - If your hair is long, tie it back or cover it.
  - If you have cuts or wounds, make sure they are completely covered by a waterproof bandage.
  - Do not handle food if you are feeling unwell.
  - Wash your hands after touching parts of your body, such as; your nose, hair and mouth as this can contaminate the food.

### What is Food Poisoning?

Food Poisoning is caused when bacteria are present in large numbers in the food we eat. They increase rapidly in the right conditions. They like a warm temperature, about the same as that of the human body, and moist conditions. The symptoms of food poisoning can be anything from a mild headache to vomiting, diarrhoea and even death.

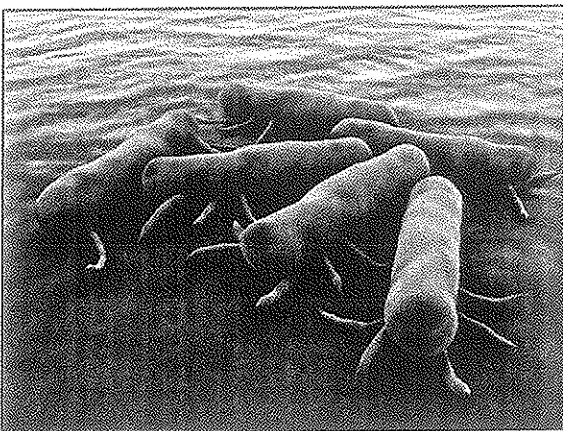
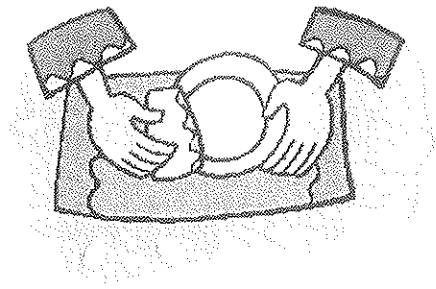


Image 1.1: A close up view of bacteria in the body.

## 2. Food Hygiene

- There are 2 main principles of food hygiene;



### 1. *Prevent contamination of foods*

- ✓ Food will be safe from contamination if correct personal hygiene is maintained, but this is not enough.
- ✓ Cross – Contamination occurs when raw foods come into direct or indirect contact with cooked foods. Separate equipment should be used for raw and cooked foods; for example, chopping boards and knives used for raw meats should be washed before being used for cooked meat. Also, raw foods should be stored separately from cooked foods.
- ✓ Wrap all scraps of food in newspaper and place them in a covered bin.
- ✓ Use hot, soapy water and wash equipment and utensils in a logical order – from ‘cleanest’ to dirtiest’.
- ✓ Remember to wipe down all work areas and cook tops as well.
- ✓ Sweep up any spills and crumbs of food.

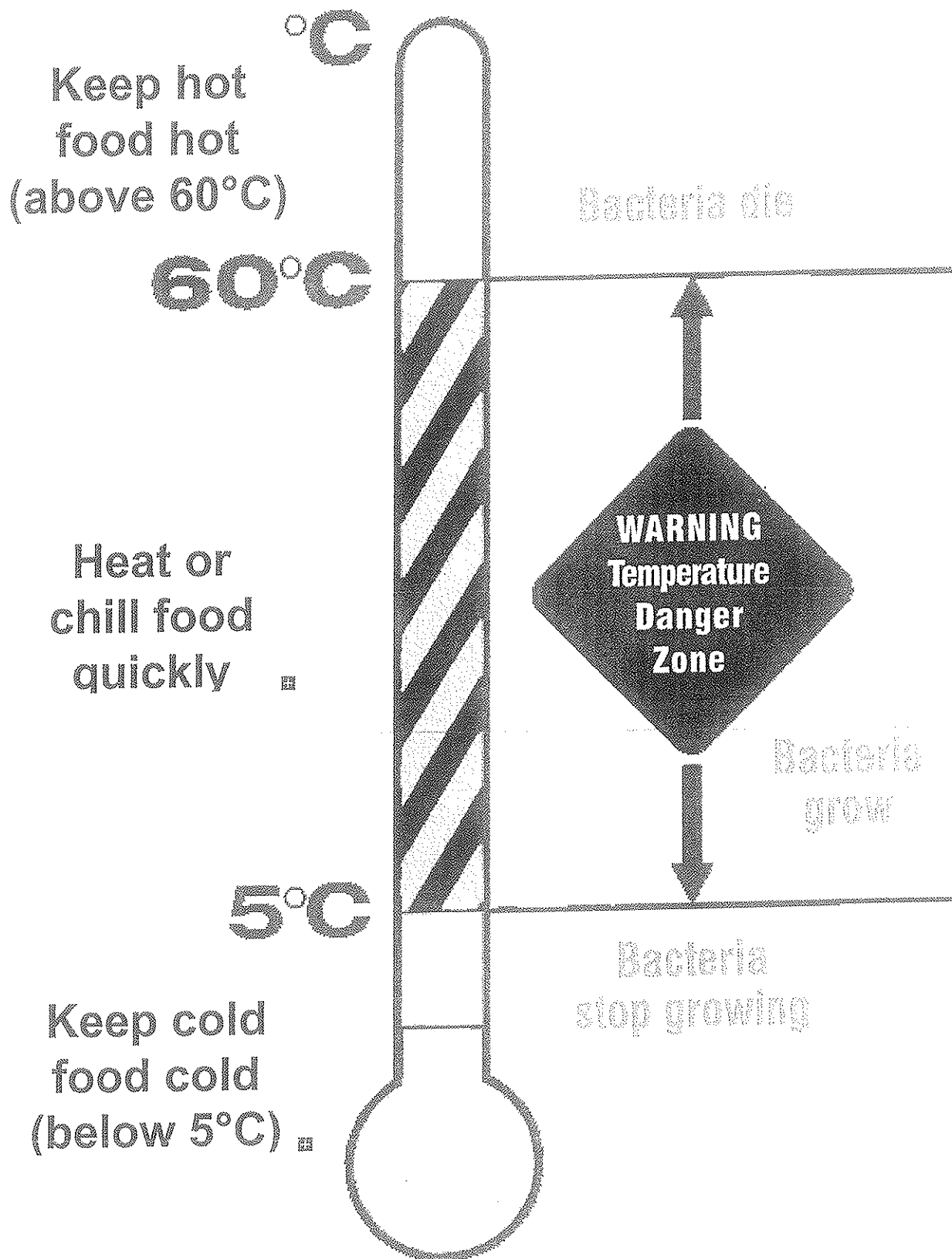
### 2. *Kill the bacteria by cooking properly and prevent the growth of food poisoning bacteria.*

- ✓ Most food poisoning bacteria will be killed by cooking – provided the cooking temperature is high enough. The cooking temperature depends on the type of food and the cooking method.
- ✓ The growth of food bacteria is greatest in the temperature DANGER ZONE. The danger zone is between 5°C and 60°C. All raw and cooked food must be stored outside the danger zone.
- ✓ Always keep food covered.
- ✓ Use meat and fish as soon as possible after buying.
- ✓ Frozen foods should be thawed (defrost/melt) in the refrigerator or the microwave. Never leave food lying on the bench of a warm kitchen.
- ✓ Leftovers should be reheated quickly to a temperature of 75°C. Do not reheat food more than once.

### Did You Know?

A restaurant in China was closed down in 2003 when health inspectors discovered that workers were cleaning their cutlery using old underwear!

# The temperature danger zone for food



### 3. Safe Work Practices

The kitchen can be the most dangerous room in the house. Accidents can happen when people are careless.

- Beware of utensils with sharp edges. Walk with knives pointing downwards, your arm by your side and the blade facing away from you.
- Work effectively – clean as you go, close cupboard doors and drawers as you use them, mop up spills immediately so there are no spills and trips.
- Ensure that pot handles are facing inwards so that you don't knock them over and burn yourself.
- Take extra care when working with steam, gas, hot oil and electricity.
- Make sure your hands are dry when turning electric switches off and on.
- Always wear oven gloves when placing/ removing trays from the oven.
- Follow all instructions, if in doubt, ask your teacher!

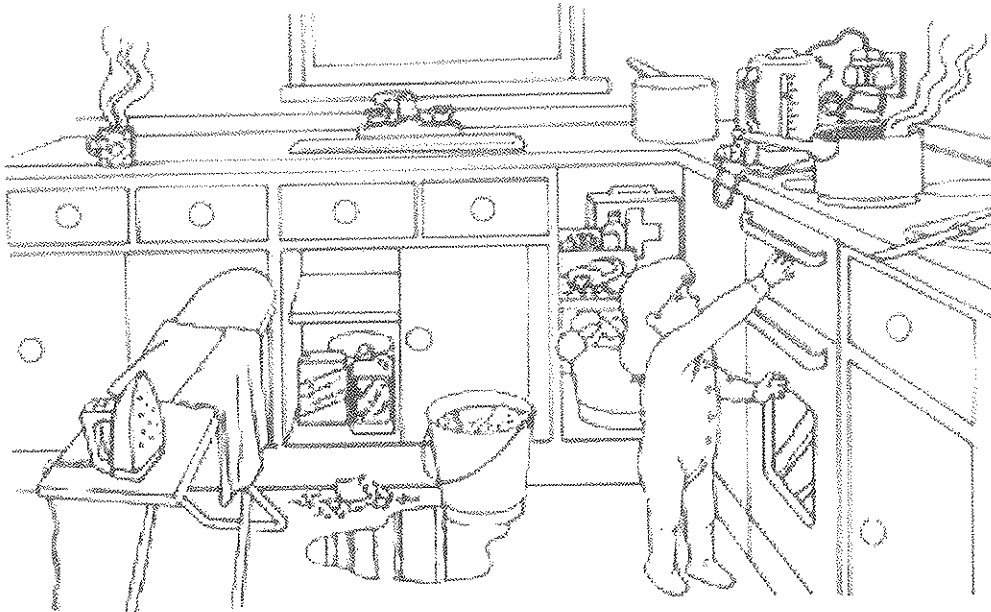


So, this is the careless Chef  
who has prepared your food.  
Still hungry?

## Activities

Answer the following questions in your exercise book. Be sure to use full sentences.

1. Using the image below, circle any hazards (potential dangers) that can cause injury or illness and explain why each is dangerous.



2. List and briefly explain the 3 core health and safety practices that must always be obeyed when working in the kitchen.
3. What is the temperature Danger Zone? Why is it important to store foods outside of the Danger Zone?
4. Why is cleanliness in the kitchen essential?
5. What are the symptoms of food poisoning?
6. Describe the foods and the conditions in which bacteria multiply quickly?
7. How would you take steps to prevent the following from occurring in the kitchen?
  - a) Fires
  - b) Burns
  - c) Food Poisoning

