Food hygiene

Learning objectives

- To understand the four stages of cleaning, cooking, chilling and cross contamination.

Food hygiene

Food hygiene is necessary in order to produce and supply food which is safe to eat. This involves more than just being clean. A simple way to remember is the 4 C's:

- Cleaning;
- Cooking;
- Chilling;
- Cross contamination.

Cleaning

Cleaning the kitchen is important to keep food safe and prevent bacteria from spreading.

'Clean as you go' means people make sure that they clean the area and utensils they have been working in or with, as they prepare food.

This avoids build up of mess and leads to better hygienic conditions.

Cleaning

Worktops

- Always wash worktops before food preparation begins;
- Wipe up any spilt food straight away;
- Always sanitise worktops thoroughly after they have been touched by raw meat, including poultry or raw eggs.
- Do not put ready to eat food, such as bread, salad or fruit on a worktop or chopping board that has been touched by raw meat, unless it has been washed thoroughly first.

Cleaning

Areas which need particular attention are:

- surfaces that come into contact with food, e.g. chopping boards, utensils;

- surfaces that come into contact with hands, e.g. cupboard and fridge doors.

Cleaning

Chopping boards

- Wash these in between preparing raw meat and raw vegetables.
- It is useful to have a separate chopping board for raw meat.

Cloths

- Use different cloths to wipe hands, worktops and dishes.
- Clean or replace these cloths regularly.
- Disposable paper cloths are also useful to wipe worktops or chopping boards. Throwing these towels out reduces the risk of bacteria spreading.

Cleaning

Knives, spoons and other utensils

- Using clean utensils will prevent the spread of bacteria.
- After touching raw meat, utensils should be washed thoroughly.

Cleaning schedule

- Kitchens require effective cleaning and maintenance.
- If a number of different people use the kitchen it helps them know exactly what to do.

Cleaning – personal hygiene

Hands

Wash hands thoroughly with soap and warm water and dry them thoroughly at each of these times:

- before starting to prepare food;
- after touching raw meat, including poultry;
- after touching raw egg;
- after going to the toilet;
- after touching the bin;
- after touching pets.

Hair

- Long hair should be tied back and/or covered with a hair net.

Cleaning – personal hygiene

Skin

- Cuts and wounds and wounds should be covered with a waterproof dressing. The plasters are often blue in colour so they can be easily identified if they fall into food.

Clothing

- Clean clothing should be worn. Protective clothing such as an apron and/or hat should also be worn.
- Enclosed shoes should be worn in the kitchen.
- All jewellery should also be removed (piercings should be covered if they cannot be removed).

Cleaning – personal hygiene

Face

- Do not cough or spit near or over food, taste food with fingers, bite nails, eat, chew or smoke, touch nose, or remove earrings.

Illness

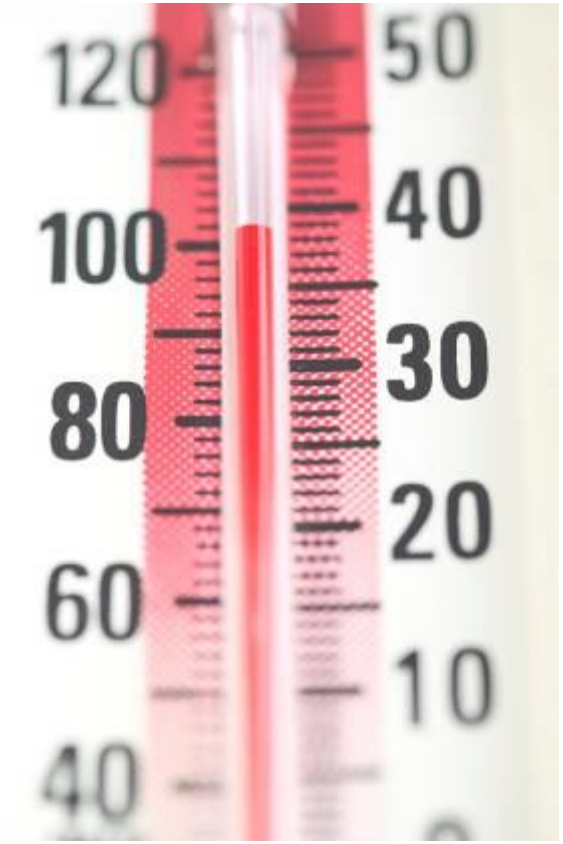
- A person who has been ill, especially with food poisoning, should not work with food or be in the food preparation area.

Cooking

Hot food must be served piping hot, that is above 63°C.

Bacteria will begin to die when the temperature rises above 60°C.

Some foods change colour when they are cooked.



Cooking meat

Burger, sausage, portion of pork, chicken, there should be no pink meat, and also be steaming hot inside. The juices should run clear when cooked.

To check a whole chicken or other bird, pierce the thickest part of the leg with a clean knife or skewer until the juices run out. The juices should not have any pink or red in them.

Steak or other cuts of beef or lamb can be eaten rare as long as they have been properly sealed.

Sealing the meat will kill any bacteria on the outside.

Rare meat

Some foods should not be eaten rare, because bacteria can be all the way through them.

If the meat is not cooked thoroughly, any bacteria may not be killed.

The following meats should not be eaten rare:

- poultry;
- pork;
- burgers, sausages, chicken nuggets;
- rolled joints;
- kebabs.

Chilling

The bacteria that cause food to deteriorate and food poisoning rapidly reproduce around the temperature of 37°C (body temperature).

The temperature between 5°C– 63°C is sometimes called the 'danger-zone'.

Reducing the temperature below 5°C slows the reproduction of micro - organisms.

Chilling – the refrigerator

- Keep it at the right temperature (between 1-4 ° C)
- Keep the fridge door closed as much as possible.
- Wait for food to cool down before it is placed in the fridge.
- Do not overload the refrigerator. If the fridge is full, the cool air will not circulate around the food.
- Food should be covered to prevent cross contamination and moisture loss.
- Regular maintenance of the fridge is important.
- Clean to removed spills and food deposits whenever they occur to prevent contamination of food.

Cross contamination

The process by which bacteria are transferred from one area to another.

The main carriers of bacteria and causes of cross contamination are:

- humans;
- rubbish;
- pets and other animals;
- food, e.g. raw meat or poultry.

Cross contamination

- Keep raw meat separate from ready – to eat food.
- Do not let raw meat drip onto other food – keep it in sealed containers at the bottom of the fridge.
- Never use the same chopping board for raw meat and ready-to-eat food without washing the board (and knife) thoroughly in between.
- Do not wash meat before cooking it, this will not remove harmful germs and may spread germs to work surfaces and utensils.