



BASIC FOOD HYGIENE AWARENESS – KNOWLEDGE

BASIC FOOD HYGIENE AWARENESS

TRAINING OBJECTIVES

To enable all staff to understand the need for a high standard of food hygiene wherever food is stored, prepared or served.

To enable staff to be aware that food-related illnesses can be prevented.

PACK CONTENT

To introduce individuals to:

- the importance of food hygiene in preventing food poisoning
- essential facts about bacteria and their growth requirements
- increase understanding of sources of bacteria, and the importance of personal hygiene
- the importance of working in a clean pest-free environment, and to acquaint staff with the relevant legislation
- to further explore aspects of the pack which have particular relevance to their work and be able to demonstrate a clear understanding of the need for food hygiene in their own work place.

Please note

This pack is not suitable for use by Cook's or Chef's.

They would be required to attend a Foundation Course in Food Hygiene run by Environmental Health or the Royal Society for the Promotion of Health.

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SAMPLE ONLY

BASIC FOOD HYGIENE AWARENESS

FOOD RELATED ILLNESSES CAN BE PREVENTED

FOOD HYGIENE

Definition

Food hygiene is the action taken to ensure that food is handled, stored, prepared and served in such a way, and under such conditions, as to prevent – as far as possible – the contamination of food.

Food hygiene means keeping premises, staff and equipment clean and handling and storing food safely. Food should be prepared as safely as possible to lower the risk of illness. Good practices should always be followed.

BACTERIA

Bacteria are microbes – living things so small that you can only see them by using a powerful microscope. They are usually round or rod-shaped. **They are found everywhere** or cultured in the laboratory. Most bacteria will not harm us and are called **non-pathogens**. They form part of the body's defence mechanism. They do cause disease if they get into a part of the body where they do not normally live they are then called **pathogens**. For example bacteria that normally live in the bowel will cause disease if ingested.

Some bacteria are useful to us such as those we use in yoghurt and cheese making. Some bacteria make vitamins to help us digest food. Other bacteria cause food to rot (**food spoilage bacteria**). A food spoilage bacterium does not usually cause food poisoning, although, if there are enough of them, they can make us feel ill. These bacteria can cause the food to have an unpleasant smell.

Only a very small number of the millions of different bacteria around us are harmful. These are called **pathogenic bacteria** and are classified according to shape: **Cocci**, (round) **Bacilli**, (rod shaped) and **Spirochete** (Spiral.) You cannot see or detect pathogenic bacteria by taste or smell.

Some kinds of bacteria are capable of forming protective coverings called spores. This protection enables bacteria to remain alive, but inactive, in conditions that normally would kill them. Later, if conditions become suitable, the spores change into the usual form of bacteria that then multiply rapidly. Spores can withstand high cooking temperatures and are able to survive situations where nutrients or moisture are not immediately available.

VIRUSES

These are even smaller living things, organisms and can cause food poisoning. They live inside cells and are found directly in food.

MICROWAVE

When using the microwave ensure food is thoroughly cooked or reheated before serving.
 Test the temperature at the centre of the food
 Allow sufficient 'standing time' to ensure even heat distribution.
 Beware of hot/cold spots in food. Stir, turn or rearrange food during cooking.
 Ensure food is heated right through.
 Do not allow liquids to superheat.
 Great care should be taken in serving food that has been in the microwave as customers/clients could easily be scolded.

COLOUR CODED CUTTING BOARDS

When preparing food use colour coded cutting boards. There will be a sign up in the kitchen to help you remember the colours.

Red	Raw meat
Blue	Raw fish
Yellow	Cooked meat
Green	Salad & fruit products
Brown	Vegetable products
White	Bakery & dairy products

PERSONAL HYGIENE

Leave your outdoor clothes away from food preparation areas.
 Hair should be clean, tied back and covered when you are handling food.
 Cuts and grazes must be covered with a blue waterproof plaster.

Inform your Manager if you have any illness or infection. You must not work around food if you suffer from a cold, diarrhoea, sickness, sores, boils, rashes or other infections or you have been in contact with someone with food poisoning.

Keep your fingernails clean and trimmed and don't wear nail varnish.
 Wash your hands whenever you have touched anything.
 Use the hand basin (not the sinks used for preparing food or washing up).
 Wash your hands with soap and hot running water.
 Dry your hands with a paper towel and throw paper towel away.
 Take off your jewellery and watch before you start work.

Always wear a tabard or plastic apron over your clothing/uniform if you work in the kitchen or serve food.

Washing your hands often during food handling keeps the number of bacteria down and prevents cross-contamination.

Never smoke in food rooms.

Remember it is your duty by law to avoid exposing food to the risk of contamination.

SHOW DUE DILIGENCE AT ALL TIMES

('Due Diligence' is taking all reasonable precautions.)

BASIC FOOD HYGIENE AWARENESS

QUESTIONS

Organisation Name: _____

Candidate Name: _____

Date: _____

No.	QUESTION	ANSWER	√ - ×
1	Name 2 bacteria responsible for food poisoning.		
2	How do bacterial cells multiply?		
3	What four conditions are required for bacteria to grow?		
4	Give three examples of high-risk foods.		