

# Food Safety

## Questions

1. Identify three symptoms of food poisoning.
2. List three steps to take before you start practical work to ensure good hygiene.
3. When is it most important to wash your hands?
4. How are bacteria spread?
5. Explain why raw meat should be stored at the bottom of the fridge.
6. Explain why good personal hygiene reduces chances of food poisoning from food preparation.
7. State how you would use a food probe to check the temperature of food.



## Quick Questions

1. What is the danger zone?
2. What is a high risk food?
3. Which coloured chopping board would you use to prepare vegetables?
4. Why is it important to use hot soapy water when washing up?
5. Identify two high-risk foods.
6. What temperature should meat, e.g. chicken and burgers, be cooked to?
7. Identify the conditions needed for bacteria growth?
8. Why do you need to keep raw and cooked foods apart?
9. Why is food safety important?
10. Why should a red chopping board and knife be washed quickly after cutting a chicken breast before using the area to prepare a salad?

### Personal Hygiene

To reduce the risk of food poisoning, during food preparation, good personal hygiene is important:

- Wash hands in hot soapy water.
- Always tie long hair up.
- Always wear a clean apron.
- Jewellery should be removed.
- Always wash your hands thoroughly after handling raw meat.

### Washing Up

To wash up safely and hygienically you must use:

- Hot water – **to kill bacteria and remove greasy residue on equipment.**
- Washing up liquid – **to help remove grease from equipment.**
- Scourer – **to remove any burnt on or stuck food from the equipment.**
- Dish Cloth – **to wipe down dirty work surfaces; this can be used damp to wipe down draining boards.**
- Tea towel – **to dry up clean equipment that has been placed upside down on the draining board.**
- Washing up brush – **to help clean dirty equipment.**

### Food Storage

Foods need to be kept in the fridge (0-5°C) to help slow bacteria growth. These include foods with a "use by" date, cooked foods and ready-to eat foods, such as desserts and cooked meats.

Freezing (-19 to -25°C) stops bacteria growth but does not kill bacteria.

Dried and low risk foods can be stored in a cool dry place.

### Food Poisoning

**Bacteria** are the main cause of food poisoning. The symptoms of food poisoning include **diarrhoea, stomach cramps, sickness and fever**. Food that is **contaminated** with bacteria often **doesn't look, taste or smell any different**, so it is hard to know they are there. Bacteria like **conditions where they can multiply quickly – these include a food, neutral pH, moisture, warmth and time**. When working with food, it is really easy to pass bacteria from raw food to work surfaces, equipment and your hands. Bacteria are then easily transferred onto other food – this is called **cross-contamination**.



KS3 Spine

## Principles of Food Safety

### Using a Food Probe

The temperature at the thickest part of the food, normally the middle, should be taken as food cooks from the outside in:

- Wipe the end with an anti-bacterial wipe.
- Turn on (temperature should read room temp. around 21°C).
- Place the end of the probe in the middle of the food as soon as possible and record the temperature. The meat should be cooked to a temperature of at least 75°C for 2 minutes.
- Turn off and clean the end of the probe.

### Temperature Control

Bacteria grow more rapidly in foods at the right temperature. This is the '**danger zone**' (5-63°C). Foods should always be kept either below 5°C or above 63°C. Key temperatures to remember:

- Fridge should be 0-5°C.
- Freezer should be -19 to -25°C.
- Meat should be cooked above 75°C for 2 minutes.

### High-risk foods

High-risk foods are moist and high in protein, allowing bacteria to grow quickly. They have a short shelf life, which means you can't keep them for long as the bacteria will multiply to dangerous levels. High-risk foods include:

- **Cooked meat and fish**
- **Gravy, stock, sauces and soup**
- **Shellfish**
- **Dairy products such as milk and cream**
- **Cooked rice.**

### Chopping Boards

Use separate chopping boards for red meat, poultry, fish and vegetables to prevent cross-contamination of bacteria.

- **Red – raw meat**
- **Yellow – cooked meat**
- **Blue - raw fish**
- **Green – fruit and salad**
- **Brown – vegetables**
- **White – dairy and bakery**