Practical Cookery

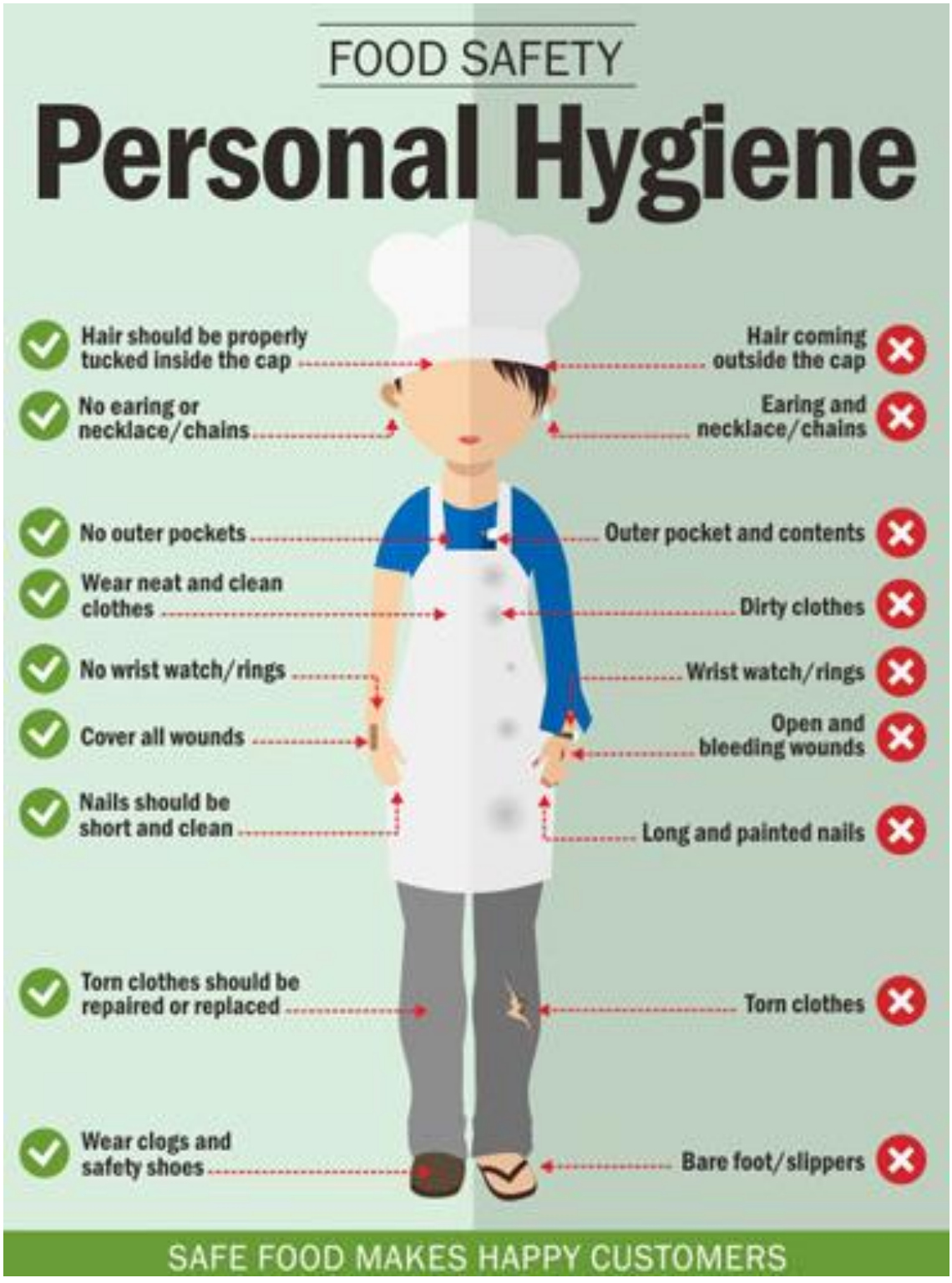
National 5

Unit 1 – Hygiene & Safety

Name: .....

The Basics

Food Hygiene and Safety



Personal and Kitchen Hygiene

What is good personal hygiene?

- This is the way we keep ourselves clean. Personal hygiene is important in Home Economics to make sure we don't pass any germs on to the food.

What is good kitchen hygiene?

- This is the way we make sure the kitchen is clean and tidy. By following kitchen hygiene rules we make sure there is less chance of bacteria multiplying.

Activity – Complete the chart below by writing down some of your own personal and kitchen hygiene rules

Personal Hygiene Rule	Kitchen Hygiene Rules

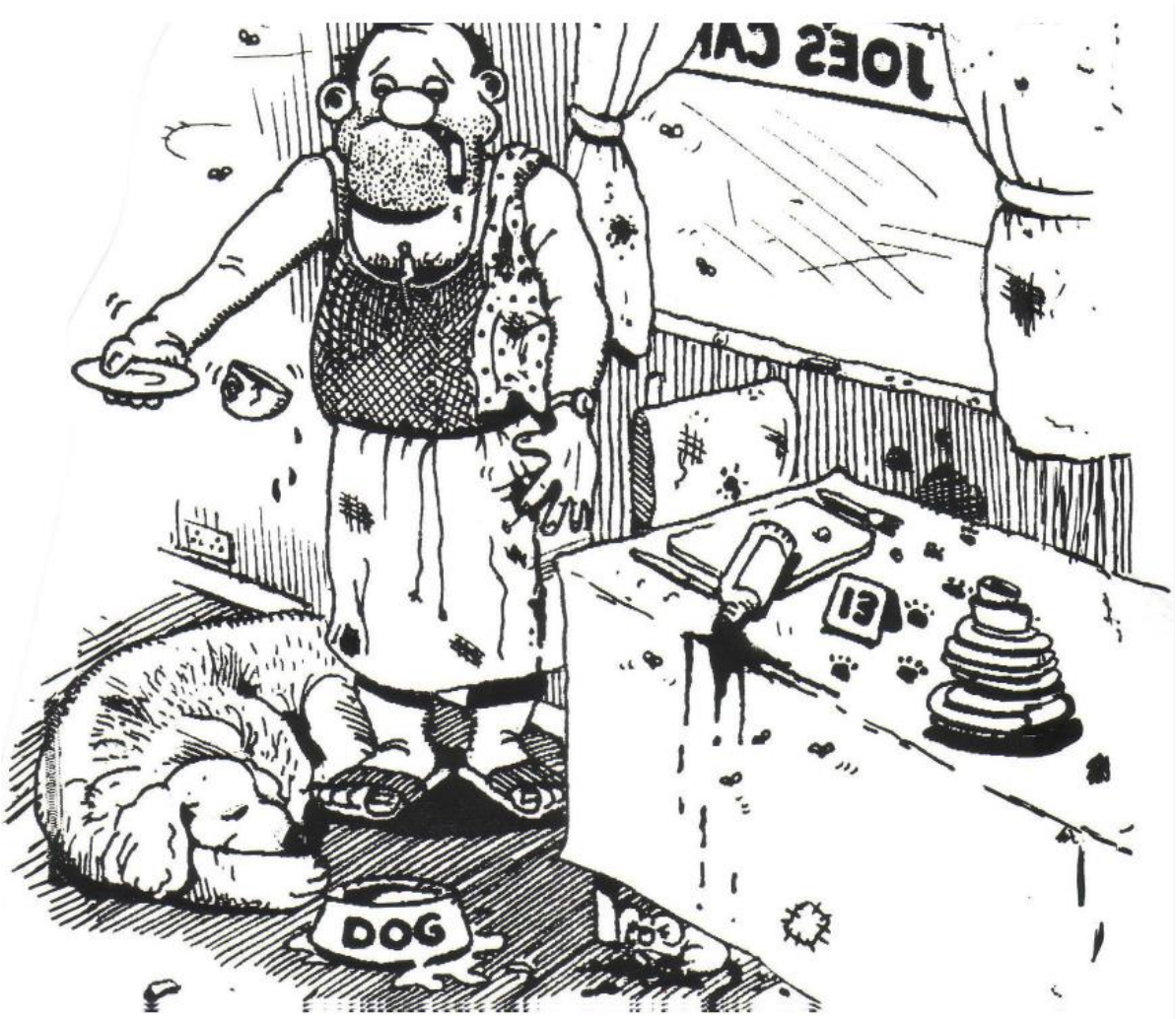
Activity

Design and make an attractive poster giving a step-by-step guide to the personal and kitchen hygiene rules in your Home Economics classroom.

Use the space below to plan your poster. Come up with a catchy slogan to help ban the bugs!

Joe's Café

Joe's café is due a visit from the Environmental Health Officer.



Activity

1 Give FOUR reasons why Joe's café will not pass the inspection.

2 What might the EHO suggest happens to the café? Give TWO suggestions?

Washing Up

Fill in the missing words

To wash up properly you will need:

1. …… ……. to kill bacteria and remove grease.
2. A ……. to scrub stubborn foods.
3. A ……. to wipe the equipment in the soapy water.
4. ……. to help remove grease.
5. A …… to dry the dishes.
6. Stack up all the dirty equipment at the side of the ……
7. Fill the saucepans with water and leave to ……
8. Wash ……. and cutlery first so they do not smear.
9. Do not put …… into the washing up bowl as you cannot see them when you into the bowl.
10. Drain the dishes …… on the draining board.
11. Wipe all work surfaces with a ……wrung in hot soapy water.
12. Check your dishes are completely ……and put away in your unit.

Missing words

dishcloth	glassware	scourer	tea towel
hot water	dry	soak	sink
Knives	upside down	detergent	cloth

How should you leave your sink at the end of each lesson?

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Temperatures and Bacteria

Bacteria require 4 conditions to be able to multiply.

They are: F_ _ _,

W_ _ _ _ _,

M_ _ _ _ _ _ _, and

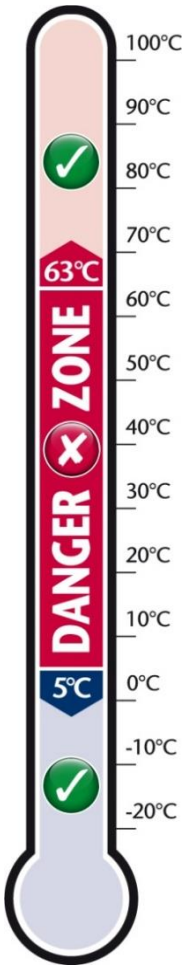
T_ _ _.

Given the right conditions bacteria can divide in to 2 every 10-20 minutes. Given enough time bacteria can multiply so much that they can increase the chance of causing food poisoning. Bacteria multiply the quickest in what is called the "Danger Zone". This is between 5°C and 63°C. Our fridge should be between 1°C and 4°C. Our freezer should be at -18°C. When we boil water it goes all the way up to 100C° and when we cook food the middle should be about 75°C

Activity

Fill in the thermometer to show the temperatures of:

- Freezer
- Body temperature
- Cooked food
- Boiling
- Refrigerator



°C

°C

°C

°C

°C

Stopping Bacteria from Growing

Now we know what bacteria need to grow and multiply, we need to find out what we can do to stop them!

You can store food in a number of ways to prevent and slow down the multiplication of bacteria. By removing the conditions bacteria need to multiply this will reduce the chance of people getting food poisoning as bacteria won't be able to multiply.

Activity

Bacteria need 4 conditions to multiply. Can you remember them?

Work out what is being removed in each of these processes to prevent bacteria multiplying.

Action	Condition being taken away
Refrigerating	
Freezing	
Drying	
Wrapping in cling film	
Eating before "Use by" date	

Activity - Create a poster to illustrate one of the 4 C's (cleanliness, cooking, chilling or contamination)

Food Storage

Food can be divided into four main groups according to how it should be stored.

AMBIENT or DRY FOODS – these include flour, sugar, rice, biscuits and canned food.

- They should be stored in a dry cupboard at 12°C or above.
- Dampness will help mould to grow and make the food unusable.
- Old stocks of dried and canned foods must be used up before new ones are opened.
- It is wise to put new cans at the back and bring old ones to the front.

SEMI-PERISHABLE FOODS – these include bread, root vegetables and most fruits.

- They should be stored in a well ventilated cupboard at 6°C - 12°C

CHILLED or PERISHABLE FOODS (foods that go off easily).

- These should be kept in the refrigerator and stored at 1°C - 4°C and cooked according to the instructions on the food label. Raw meat should be stored on the bottom shelf as it is liable to ooze blood and could drip onto other foods. This can cause cross-contamination. **Cross-contamination is when bacteria is transferred from raw to cooked food.**

FROZEN FOOD

- These should be kept in the freezer at minus 18°C and stored and cooked according to the instructions on the food label.

Activity

Using the information above and your Chromebooks, answer the following questions:

1. How many food storage groups are there?

2. At what temperature should dry foods be stored at?

3. At what temperature should chilled/perishable foods be stored at?

4. Perishable foods should be used in rotation. What does this mean?

5. How can you conserve energy when using a refrigerator?

6. Name three perishable foods

7. Why should raw meat be stored on the bottom shelf of the refrigerator?

8. If you lived in Kingussie you may shop in Aviemore or Inverness. How would you stop frozen food from defrosting on your journey home?

9. Why should raw meat/fish and cooked meat be packed in separate bags?

10. Why is it important that the cooking instructions on perishable and frozen foods are followed carefully?

Storing Food

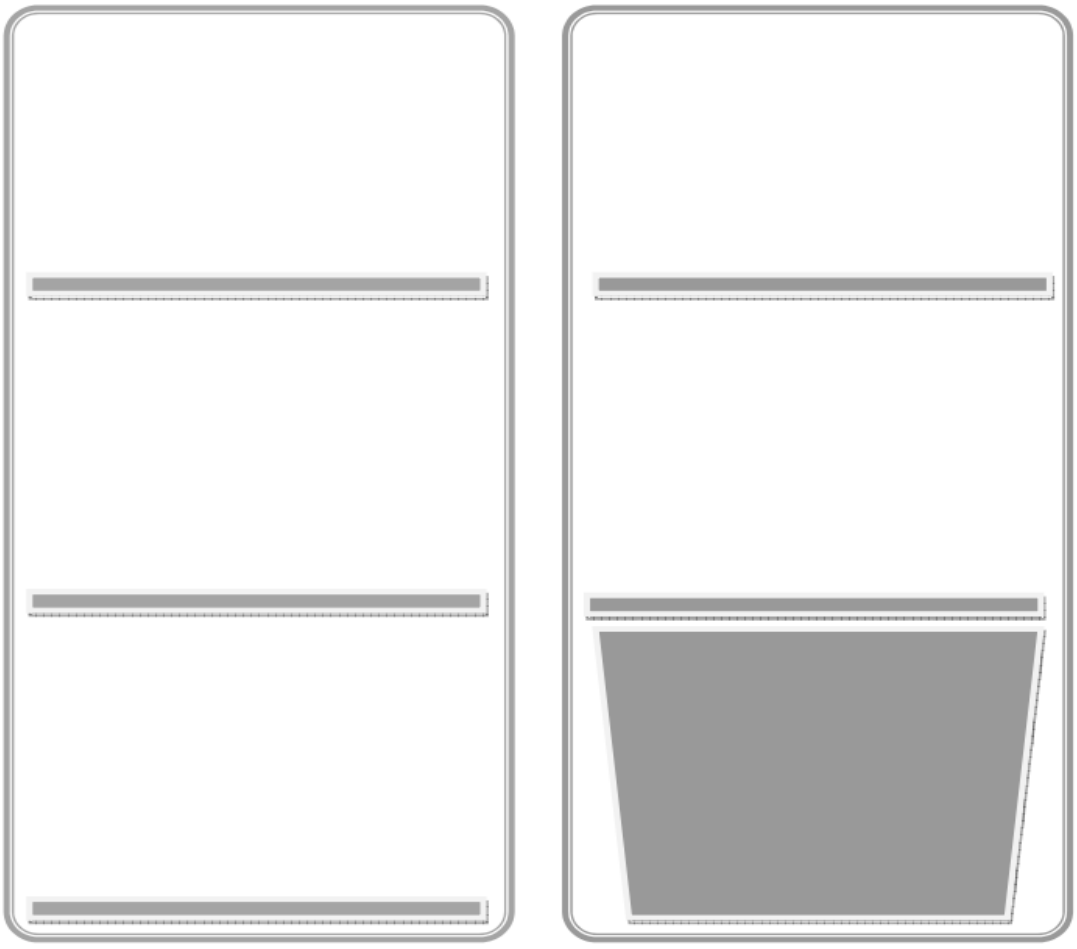
Food items need to be stored in a variety of places to keep them at their best quality for as long as possible.

Activity

Below is a picture of a cupboard and a fridge. Place the following food items in the correct place. Alternatively, you could draw a picture of each item.

Remember to think about which shelf would be best in the fridge!

CUPBOARD **FRIDGE**



beef steak	butter	cooked ham	leftover pizza
tinned beans	uncooked rice	carrots	breakfast cereal
milk	cheese	eggs	raw fish

Activity

Complete the following table on food storage:

Food	Ambient	Perishable	Semi-perishable	Dry Store	Fridge	Freezer
Eggs						
Mince						
Prawns						
Dried Pasta						
Ice Cream						
Unopened jar or mayonnaise						
Cooked mince pie						
Packet of Rice						
Lettuce						
Opened jar of beetroot						
Mozzarella						
Carrots						
Lettuce						
Tomatoes						
Cooked rice						
Left over chilli						
Unopened long life milk						
Butter						
Potatoes						
Dried Herbs						
Sultanas						
Grated cheese						
Bananas						

Pick 6 additional ingredients from the table on the previous page and complete the table below.

Try to choose different items so that you have a wide range of ingredients.

An example has been given to you.

Ingredient	Preparation for Storage	Storage Place
Cheese	Wrapping in cling film or placing in an airtight container	Refrigerator Between 0-4°C

Shelf Life

Explain the following terms:

Best Before:

_____

_____

_____

_____

Use by:

_____

_____

_____

_____

In the table below, you need to tick whether or not the food item would have a 'Best Before' or a 'Use-By' date:

	Best Before	Use By
Packet of biscuits		
Tub of double cream		
Caster sugar		
Frozen peas		
Tin of Tuna		
Cheddar Cheese		
Tin of Soup		
Garlic bread		
Fresh milk		
Strawberry Jam		

Food Hygiene in the Hospitality Industry

Fill in the missing words (using the word bank below) to complete the sentences.

removing	food poisoning	warmth	moisture
diarrhoea	37°c	stomach pain	nausea
cloths	82°c	vomiting	accidents
dried rice	equipment	chemical	listeria
wash	cross	antibacterial	sneezes
coughs	report	authority	handler
food	refrigerator	inspects	time

The first one is done for you.

1. If a piece of glass was found in a sandwich, it would be **physical** contamination.

2. Brian made a chicken salad at 10am and left it lying on the work top until his lunch break at 2pm. He ate the salad for lunch and suffered from _____ _____ the next day.

3. Bacteria need the following conditions to grow _____ , _____ , _____ and _____ .

4. Katie is suffering from food poisoning. She will therefore have the following symptoms _____ , _____ , _____ and _____ .

5. The temperature that bacteria like the best is _____ .

6. Pickled onions are preserved using vinegar which is _____ preservation.

7. _____ is the bacteria which causes food borne disease.

8. _____ _____ is not considered a high risk food.

9. A vehicle for bacterial contamination passes bacteria from one place to another. Examples include _____ and _____ .

10. Food handlers should _____ their hands after visiting the toilet.

11. Food handlers should always use _____ soap and hot water to wash their hands.

12. Stappylococcus aureas can be passed onto food if a chef _____ or _____ over food or equipment in the kitchen.

13. The normal operating temperature of a _____ should be between 1°C and 5°C.

14. Karen is reheating a stew. The stew should be reheated to _____.

15. Storing raw meat above cooked meat could lead to _____ contamination.

16. Food Hygiene Regulations state that a food _____ is should not laying traps for vermin.

17. Cleaning is the process of _____ pieces of food, dirt and grease from equipment in the kitchen.

18. If a restaurant has an infestation of cockroaches, by law the owner must _____ the infestation to the appropriate _____ .

19. Environmental Health Officers investigate outbreaks of food poisoning, _____ food premises and providing advice on food hygiene.

20. Lighting in the kitchen is very important. Dark areas or shadows could cause _____ .

Food Hygiene Revision

Here are some statements about **Food Hygiene** that are either **TRUE** ☑ or **FALSE** ☒.

1. If you have got an upset stomach you should not cook. ☐
2. If you are not using food that has been cooked, it should be kept in the fridge. ☐
3. Food is safe to eat if a fly has been on it. ☐
4. You cannot do anything to stop food poisoning. ☐
5. Wash dishes in very hot water. ☐
6. A red chopping board must only be used for raw meat. ☐
7. Always wash your hands before you prepare any food. ☐
8. Coughing and / or sneezing onto food can make people who eat it ill. ☐
9. Always clean the work surface properly before you start to prepare food. ☐
10. It is OK to put your finger in food and lick it to taste what you are making. ☐
11. Uncooked food that has dropped on the floor is OK to eat if you have washed it first before cooking. ☐
12. Rubbish bins in the kitchen should have lids on them. ☐
13. Always wash your hands after going to the toilet. ☐
14. It is OK to keep food in a can in the fridge if it is covered. ☐
15. You should always store raw foods at the bottom of the fridge, and cooked on top. ☐
16. A blue chopping board is used for cooked meat. ☐
17. You can see and taste harmful bacteria in food. ☐
18. Do not use the same knife for cooked food if it has been used for raw food. ☐


5 Steps to
FOOD SAFETY
1
Be Clean, Be Healthy
Wash hand when necessary
Do not work with food if you are ill
Never touch ready-to-eat food with bare hands
2
Keep It Cool, Keep it Hot
41°F 5°C
Keep cold foods at 41°F / 5°C or below
140°F 60°C
Keep hot foods at 140°F / 60°C or above
3
Don't Cross-Contaminate
Don't store raw foods over cooked or ready-to-eat foods.
Never prepare ready-to-eat foods on the same surface or with the same utensils used to prepare raw animal proteins.
4
Wash, Rinse, & Sanitize
1. Wash
2. Rinse
3. Sanitize
Properly wash, rinse and sanitize all food contact utensils and equipment
5
Cook It & Chill It
Cook food until it reaches a proper internal temperature.
41°F 5°C
Rapidly cool food to 41°F / 5°C or below.