Food Hygiene

Learning Objectives

To Understand:

- Food Safety
- Bacteria
- Personal Hygiene
- Equipment
- Temperature Control
- Food Storage
- Contamination
- Hazards
- Food Poisoning
- Chemical Poisoning
- Working Safely

Food Safety

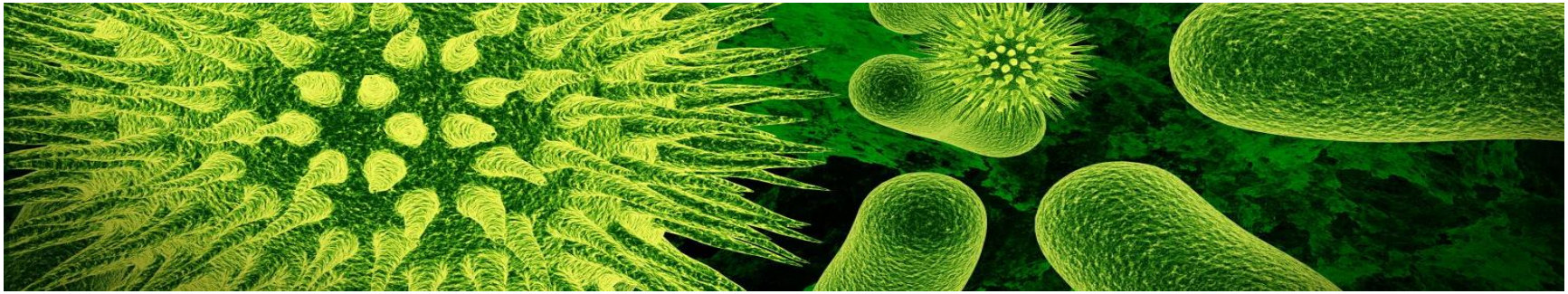
- Food safety is essential when preparing and handling food
- Not all substances and objects that can cause harm or illness can be seen
- People can become ill from eating food that tastes normal and looks safe

Bacteria

Bacteria are unicellular organisms which when ingested in sufficient numbers cause food poisoning symptoms. They are invisible to the naked eye and are only killed by excessive heat (in food) or sterilisation with appropriate bactericidal chemicals

To grow bacteria need:

- Food
- Moisture
- Time
- Warmth



Bacteria

There are four main types of bacteria which are prevalent in the UK

- Salmonella
- Staphylococcus Aureus
- Clostridium Perfingens
- Campylobacter

Types of Bacteria			
Bacterium	Source	Symptoms	Onset Period
Salmonella	Raw meat & poultry Human & animal faeces Dairy products & eggs	Fever Diarrhoea Vomiting	12-72 hours
Staphylococcus Aureus	Human skin Milk Raw meat & poultry Soil & dust	Nausea Vomiting	2-6 hours
Clostridium Perfingens	Faeces Raw meat & poultry Soil & dust	Diarrhoea Abdominal cramps Vomiting (rare)	8-12 hours
Campylobacter	Faeces Animals Drinking water	Fever Acute diarrhoea Abdominal cramp	2-11 days

Personal Hygiene

Staphylococcus aureus is found naturally upon the human body. It is necessary for anyone who handles food, whether it be at home or in work to keep themselves and their uniforms scrupulously clean.

Regular and thorough hand washing must take place especially after:

- Visiting the toilet
- Handling raw meat
- Handling refuse
- Smoking
- Before and after dealing with a patient
- Before and after handling any food

Cuts/Abrasions - on exposed areas must be totally covered with a coloured waterproof dressing

Report - any illness especially diarrhoea and vomiting immediately to your line manager

Equipment

Great care must be taken to thoroughly cleanse all utensils and equipment with particular care to properly clean any utensils which have come into contact with raw meat, i.e. knives, chopping boards etc.

All items which will fit, including cutting boards, must be put through the dishwasher which is the most effective cleaning system. Otherwise items must be washed in hot, soapy water (above 63°c) then rinsed in clean, hot water (about 82°c) and are best left to air dry.

Refrigerators need to be kept cold at all times with the door securely closed to prevent the temperature rising into the danger zone. Good housekeeping of refrigerators must take place and including the regular checking of door seals.

Temperature Control

Regular equipment temperature checks have to take place and be documented

Correct temperatures:

- Food Refrigerators - 1°C to 7°C
- Freezers – below -5°C
- Hot cupboards above 63°C

If food is being prepared for later the same day for reheating or cold consumption, then following the cooling process must be followed. Food must be cooled to below 7°C as quickly as possible (in the food refrigerator or freezer) and definitely within ninety minutes and kept refrigerated and covered until required. It must be re heated to at least 75 °C.

Food Storage

Bacteria can multiply at temperatures between 5ºC and 63ºC – this is the range that is known as the ‘Danger Zone’ it is here that bacteria multiplies much faster. In only a short time in the ‘Danger Zone’, bacteria can multiply enough to cause food poisoning

Don’t crowd the food refrigerator or freezer so tightly that air can not circulate

Correct storage is:

- Top shelf - dairy products
- Middle shelf - high risk foods, i.e. cooked meat etc.
- Bottom shelf - raw meat

Contamination

Contamination is the presence of anything harmful or objectionable in food or drink that can create a risk of injury or illness to the consumer

It is against the law to serve contaminated food

Three types of contamination:

- Bacterial Contamination
- Physical Contamination
- Chemical Contamination

Food Hazards

Food must be prepared and stored in ways that prevent contamination. Contaminants could be:

Physical	Objects that could be in food when it is bought or introduced when preparing food e.g. bones or bits of packaging. Look for objects which should not be in the food
Chemical	Chemicals that could be harmful if eaten such as pesticides, weed killers or cleaning chemicals. Wash fruit and vegetables before preparation and avoid spraying cleaning products near food

Food Hazards

Allergenic	Substances which cause extreme reactions in individuals allergic to them. Examples include nuts, eggs, shellfish, gluten and milk. Foods containing allergens should be prepared and stored separately
Bacterial	Pathogenic bacteria can be transferred to food during storage, handling and preparation. They can multiply to harmful levels if the conditions are right. Effective food safety principles should be followed to remove these risks

Food Poisoning

Food Poisoning is an irritation of the digestive tract causing vomiting, diarrhoea or both.

Symptoms can start within a few hours but usually take between 6 and 24 hours to take effect.
The start of the symptoms can, in some cases, take up to 3 days (or even longer) to show.
In most fit and healthy people the symptoms usually last between 1 and 3 days.
In some people, such as the very young, pregnant women, elderly people, those already ill or recovering from illness, food poisoning can be very serious and can even cause death

Chemical Poisoning

Washing up liquids, bleach and washing powders are all readily found in hospitals, and if stored near food or used incorrectly may cause severe vomiting. Rinsing is therefore a vital step in the cleaning process.

The correct cleaning pattern is as follows:

- Pre-clean items, removing debris
- Wash with detergent and very hot water
- Rinse, removing soap with very hot water
- Preferably air-dry items, if not possible use a clean well laundered cloth

Working Safely with Food

The Importance of Working Safely with Food

- Protecting food from contamination is important
- Poor food safety is against the law
- It is illegal to serve food that is contaminated
- It is illegal to make someone ill by serving contaminated food to them