Bacteria can multiply very rapidly in the right conditions

Knowledge organiser LO1 how can food cause ill health

Time
Food
Temperature
Moisture

Hygienic Practices

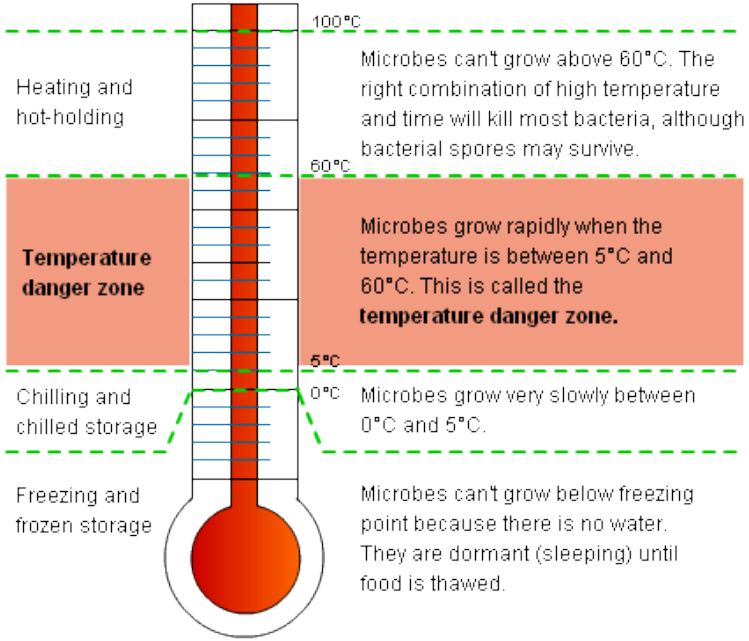
- Food deliveries should be checked
- Food Labels and stored correctly
- First in First out rule with stock
- Temperature control
- Hot Food – Hot Holding at 63C
- Core Temperature – 75C
- Chilled below 5C
- Washing up in hot soapy water
- Waste Disposal

Legal requirements – food handlers

- keep yourself clean
- keep the workplace clean
- protect food from contamination or anything that could cause harm
- follow good personal hygiene practices – e.g. hand washing
- wear appropriate protective clothing
- tell your employer if you are suffering from or are a carrier of a food-borne illness.

The 4 Cs……

- Cleaning – what are the reasons for cleaning?
- Cooking – what are safe cooking strategies?
- Cross contamination – what is the impact of cross contamination?
- Chilling – why is temperature control important?



HACCP
(Hazard Analysis Critical Control Point)
Hazards and how to prevent them from occurring-

Flow of work (At each stage potential hazards can occur)	Control
Purchase of food	Buy from a reputable supplier
Receipt of food	Checking deliveries - for temp
Storage of food	Correct storage – dry, chilled, frozen?
Preparation of food	To avoid contamination – how?
Cooking of food	Cooking thoroughly (Above 75 degrees)
Cooling	Cool through the danger zone as quickly as possible (5-63 degrees)
Hot-holding	Above 63 degrees
Reheating	Not for high risk groups (Above 63 degrees)
Chilled Storage	Between 1 and 5 degrees
Serving	Obey the 4 hour rule for cold food & the 2 hour rule for hot food.

Environmental Health Officers (EHOs)

- ***Staff*** – properly dressed, clean nails, no jewellery, hair covered or tied back, good hygiene habits.
- ***Processes in the work place*** – handling of food, use of equipment, use of colour coded boards, washing up, disposal of waste.
- ***Storage of food*** – fridges, freezers and dry stores. Are they the correct temperature, clean, tidy and orderly? Does the kitchen have good systems in place, e.g. stock rotation and temperature logs?
- ***Equipment*** – this should be clean, well maintained and with safety notices if appropriate.
- ***Temperature of Foods*** – the use of probes to check food is at the correct temperature.
- **Think of an EHO as 'Mr Nosey'.** He/she will look at everything to make sure food is safe and not going to give a customer food poisoning. This ensures food producers **HANDLE** all food hygienically.

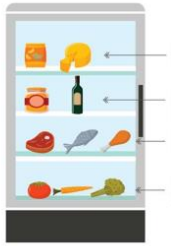
COMMON TYPES OF FOOD POISONING

Remember! CC-BLESS

C	C	B	L	E	S	S
CLOSTRIDIUM PERFRINGENTS	CAMPOLYBACTOR	BACILLIUS CEREUS	LISTERIA	E-COLI	STAPHYLOCOCCUS AUREUS	SALMONELLA
SOIL		SOIL	SOIL	RAW		
SYMPTOMS						
AB PAIN NAUSEA DIARROHEA	AB PAIN HEADACHE DIARROHEA FEVER	AB PAIN VOMIT DIARROHEA	FLU-LIKE SYMPTOMS MENINGITUS	DIARROHEA KIDNEY DISEASE FATAL	AB PAIN VOMIT DIARROHEA LOW TEMP	AB PAIN VOMIT DIARROHEA FEVER

CAUSES OF ILL HEALTH

Remember! PICBAMM

P	I	C	B	A	M	M
POISONOUS PLANTS	INTOLERANCES	CHEMICALS	BACTERIA PATHOGENS	ALLERGIES	METALS	MICROBES VIRUSES MOULDS

Reducing health risks