Food Hygiene Homework
Many people suffer every year from eating or drinking unsafe food. Poor food handling and inadequate personal hygiene usually cause food poisoning. You need to know the causes of food poisoning to help you set up systems to prepare safe food products.

**Food poisoning is most often caused by:**
- Storing food in warm conditions
- Undercooking food
- Not reheating food adequately
- Infected food handlers
- Cross contamination

**Rules for food workers:**
Food workers need training in food hygiene

**Personal Hygiene rules for food safety:**
- Hands can carry bacteria so always wash hands before you handle food, after visiting the toilet, after coughing or sneezing and after handling rubbish.
- Clothing – wear clean protective clothes for food work.
- Sickness - if you have sickness or diarrhoea do not work with food until you are better. Cover cuts with a waterproof, blue dressing.

**Controls are needed in food protection to:**
- Protect food from contamination by bacteria, poisons and foreign bodies,
- Prevent bacteria from multiplying.
- Destroy harmful bacteria by cooking or processing.

**Examples of high risk foods include:-**
- Cooked meat and poultry, and their products.
- Milk, cream and dairy products.
- Cooked eggs and their products such as mayonnaise.
- Shellfish and seafood, cooked rice.

**Some Facts**
- Bacteria are microscopic organisms which are found everywhere. Many are harmless but some (pathogens) cause illness.
- Bacteria need four things to grow or produce toxins (poisons). These are warmth, food, moisture and time. Control these conditions and the bacteria will not multiply so quickly.

**Temperature Control**
Bacteria like to grow in warm conditions, between 20°C - 50°C. To control their growth, food should be kept out of the danger zone of 5°C to 63°C.

**Most Bacteria**
- Do not grow in the deep freezer which is kept at temperatures below -18°C.
- Only grow slowly in the refrigerator at 5°C and below.
- Grow very rapidly at body temperature 37°C.
- Are killed when heated above 63°C.

**High Risk Foods**
These are foods, which are very suitable for the multiplication of harmful bacteria. High-risk foods are often used without further cooking and include foods such as cooked meats. These foods are usually proteins and need to be kept in the refrigerator, away from raw foods.
QUESTIONS

1) List the 5 main causes of food poisoning:

1

2

3

4

5

2) List 3 hygiene rules food workers need to follow. Give reasons for each rule

Rule 1:

Reason:

Rule 2:

Reason:

Rule 3:

Reason:
3)  
a) What are high risk foods?  

b) Give three examples of high risk foods.  
1  
2  
3  

c) How should high risk foods be stored?  

a) a) What are bacteria?  

b) Which type of bacteria causes illnesses?  

 c) Name four conditions bacteria need to multiply  
1  
2  
3  
4  

d) What are the main symptoms of food poisoning?  


e) What happens to bacteria when frozen?  

f) At what rate does bacteria grow in a refrigerator?
Food Safety

The incidents of food poisoning have increased in the last decade.

For some of the reasons listed below.

1. A great number of ready prepared foods are available e.g. pies, pastries, cook-chilled products.
2. More people eat out at restaurants and take-aways.
3. Increased imports of food from countries where food hygiene laws may not be strictly enforced.
4. Increase in imports of animal feed, which may be contaminated and will infect the animal to which they are given.
5. Insufficient training to staff handling the food.

Food poisoning is carried in the following way

![Diagram of food poisoning pathways]

The main types of food poisoning
Over 44,000 cases of food poisoning were reported in 1991 but many cases go unreported. Salmonella and listeria have hit the headlines but other common bacteria can also cause food poisoning.

Symptoms of Food Poisoning
Symptoms of food poisoning may appear in an hour or as long as four days later. Common signs are stomach pain and/or vomiting and diarrhoea.

<table>
<thead>
<tr>
<th>Bacteria Responsible</th>
<th>Food at “Risk”</th>
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<tbody>
<tr>
<td>Salmonella</td>
<td>Sliced cooked meat, meat pies, chicken, duck eggs, cream, shellfish.</td>
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<tr>
<td>Clostridium Welchii</td>
<td>Gravy, pre-cooked meat, stews</td>
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<tr>
<td>Staphylococci</td>
<td>Meat pies, sliced meats, gravy, ice cream</td>
</tr>
<tr>
<td>Clostridium Botulinum (Botulism)</td>
<td>Incorrectly handled and processed canned meat and fish</td>
</tr>
<tr>
<td>Listeria</td>
<td>Unpasteurised cheeses, pates, commercially prepared salads, cook-chill dishes. Ice cream, green top (unpasteurised milk), goat’s milk.</td>
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FOOD HYGIENE LAWS

It is the job of the Government to make sure that there is a steady supply of food to keep us all nourished, and to make rules so that the food and drink that we buy is wholesome. To control the safety of food the Government uses laws, worked out with the rest of the European Community. Imported foods come under the same laws.

The food hygiene regulations control production, preparation, manufacture and the sale of food. The laws attempt to make food safe to eat. They apply to commercial kitchens and any other premises where food is handled like shops, canteens and restaurants.

Legislation exists to control hygiene during the slaughter of animals and the manufacture, transportation, storage and retailing of food.

There are also regulations to control:

1. The composition of food
2. The use of additives in the food
3. The labelling of food packaging

Environmental Health Officers
These are people who work throughout the UK. They inspect the slaughterhouses, food factories, hospitals, shops and restaurants to ensure standards are met and the laws obeyed.

Food Safety Act 1990
Food factories, shops and restaurants come under stricter Government laws to keep the food safer. The law enforces:

1. Compulsory cool storage for many foods slowing down the increase of bacteria.
2. Tougher enforcement for food factories, shops or restaurants not keeping the food clean or cooked enough.
3. Use the dates on perishable food.

Safety Check List

1. Take chilled or frozen food home as quickly as possible.
2. Keep fridge/freezer at the correct temperature - use a thermometer.
3. Cook the food thoroughly.
4. Do not eat raw eggs.
5. Store raw and cooked food separately.
6. Check dates on goods; use food within the recommended period.
7. Do not reheat food more than once.
8. Keep pets out of the kitchen, wash hands after handling them.
9. Keep the kitchen clean and dry.
QUESTIONS

Answer the questions below using information on food safety and hygiene.

1) Name four ways in which bacteria can get into our food:

   1
   2
   3
   4

2) Give five reasons to explain why there has been a recent increase in food poisoning:

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3) List the main points in the Food Safety Act 1990

   
   
   

4) What is the job of the Environmental Health Officer?

   

5) Give 3 ways in which you can prevent food poisoning

   
   
   

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6) Name 3 types of food poisoning and state the 'at risk' foods.

<table>
<thead>
<tr>
<th>TYPES OF FOOD POISONING</th>
<th>FOOD</th>
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7) List 5 rules that we should follow to ensure safe storage and reheating food.

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