

### 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**.

### 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**

## Year 9 Food Knowledge Organiser

# 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.