

# Food Hygiene and Safety

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**Cook-it Club**

**Core Competency Work Shop**

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# What Causes Food Spoilage ?

- Micro organisms
- Bacteria – pathogens, spores, toxins
- Viruses
- Yeasts
- Moulds

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# What Conditions Cause Food Spoilage ?

- Moisture
- Time
- Food
- Warmth 5' C – 63'C  
Growth / Danger Zone

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# How Does Food Contamination Occur?

- Humans
- Pests
  
- Poor food preparation procedures
- Incorrect cooking procedures
- Incorrect storage of food
- Poor kitchen hygiene

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# Top Tips for Food Hygiene & Safety

- Clean cooking area, equipment, utensils
- Fridge working at the correct temperature 0-5°C
- Clean clothing, and protective aprons worn
- Hands washed before cooking & after handling raw foods such as eggs, meat & fish
- Perishable foods stored chilled until used for cooking or presenting for eating
- Clean & sanitise all surfaces before & after cooking session
- Replace dishcloths & tea towels after each cooking session
- Remove all waste food at the end of each session and dispose of carefully

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# Where to Go for Help?

- Local Authority Environmental Health Services
- Basic Food Hygiene Qualification
- Useful Web sites for pupils

<http://www.foodlink.org.uk/factfiles.asp>

<http://archive.food.gov.uk/hea/index2.html>

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