

Keywords

Contaminant: Anything that would make food harmful or objectionable.

Bacteria: Single- celled organism that reproduce rapidly

Pathogenic: Able to produce disease, e.g., some bacteria are pathogenic.

Food poisoning: Illness caused by pathogenic bacteria/toxins, for example e-coli: salmonella, listeria, staphylococcus aureus

Cross-contamination: Transfer of bacteria from one place to another.

Danger zone: Range of temperatures between 5°C to 63°C at which bacteria begin to multiply rapidly

Ambient temperature: Foods that can be stored, at room temperature (ordinary room temperature 19°C to 21°C), in a sealed container. All foods found on supermarket shelves are ambient foods.

High risk foods: Foods that are high in moisture and nutrients, especially protein (perishable foods: meat, shellfish, cooked rice, eggs, milk, cream). They support the growth of pathogenic microorganisms, such as bacteria.

Safety in the Food room

Sharp Knives: Carry them down by the side of your leg with the point facing the floor.

Sharp knives: Use the *bridge hold* and *claw grip* to cut safely.

Hot liquid: drain hot liquid carefully over the sink using a colander.

Saucepans: turn panhandles in from the edge, so they are not knocked.

Hot equipment: always use oven gloves when placing food in and out of the oven.

Spills: wipe up immediately.

Electrical equipment: check for damage to the wire and always follow instructions

Use the correct coloured chopping boards

Use a temperature probe – when possible - to ensure food has reached a safe temperature

Colour Coding for Knives and Chopping Boards

white for bakery and dairy products

red for raw meat

blue for raw fish

green for salad and fruits

yellow for cooked meats

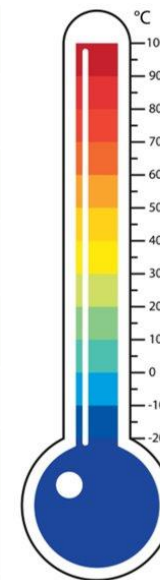
brown for raw vegetables

Temperature Probe



Temperatures to remember

5 - 63°C	The danger zone where bacteria grow most readily.
37°C	Body temperature, optimum temperature for bacterial growth.
8°C	Maximum legal temperature for cold food, i.e., your fridge.
0°C - 5°C	The ideal temperature your fridge should be.
75°C	If cooking food, the core temperature, middle or thickest part should reach at least this temperature.
75°C	If reheating food, it should reach at least this temperature. In Scotland food should reach at least 82°C. Remember to reheat food only once



4c's for good food hygiene

Cleaning	Make sure that hands, surfaces and equipment are cleaned thoroughly with hot soapy water
Cooking	Make sure foods are cooked thoroughly. Meat should reach a core temperature of 75c.
Cross-contamination	Make sure you are using the correct coloured chopping boards, that empty packaging in the bin. Once you have handled raw meat wash hands in hot soapy water
Chilling	Food should be cooled and refrigerated within 90 minutes.