

# **ANSWER GUIDE**

## **USE HYGIENIC PRACTICES FOR FOOD SAFETY**

**SITXFSA001**



**HOSPITALITY GROUP TRAINING**

1. What role does the Environmental Health Officer have?  
Responsible for carrying out measures for protecting public health  
They administer and enforce legislation related to environmental health  
Provide support to minimise health and safety hazards
2. According to the Food Safety Act 2008 what can they do?  
They can enter premises by force if necessary. The inspector is entitled to take samples and measurements to inspect any room, container or vehicle. Video and photographic evidence may also be taken. It is an offence to obstruct an inspector's activities. They also have the power to close a venue.
3. What is a food safety program?  
A written plan that describes how you will manage food safety in your business. It is a legal document for any business who directly serves the elderly, children, people who are already ill and people with immune deficiencies in WA. It is a legal document for all business across the rest of Australia.
4. What five main points will the food safety program cover?
  1. Identification of critical control points
  2. Take steps to avoid food becoming unsafe
  3. Follow practices in your business to keep food safe
  4. Use records to monitor food safety and to demonstrate that you business routinely follows these practices
  5. Ensure staff has the knowledge and skills to handle food
5. What is HACCP and describe in your own words what it means.

H	Hazard
A	Analysis
C	Critical
C	Control
P	Points


**Meaning:**


Most Food Safety Programs are based on this system. It covers the identification of critical control points, establishing critical limits, monitoring requirements, putting in place corrective actions, effective record keeping and review of the system.

6. Answer the following questions:

A commercial fridge should be between what temperatures?	0-4°C
At what temperature should frozen food be kept at?	-18°C
What temperature should hot food be kept above?	65°C

7. Match the following terms as defined by the Australia New Zealand Food Standards code with their definition:

Contaminant  Any biological or chemical agent, foreign matter or other substances that might compromise food safety or suitability

Contamination  Food that has to be kept at certain temperatures to minimise the growth of any pathogenic microorganisms that may be present in the food or to prevent the formation of toxins in the food

Potentially Hazardous Foods  The introduction or occurrence of a contaminant in food

8. Give an example of each of the following types of contamination:

Physical	hair, nails, glass, dandruff, plastic, bandaid
Chemical	cleaning chemical, pesticides
Microbiological	Bacterial contamination, viral contamination or parasite contamination that's transferred through saliva, pest droppings, blood or faecal matter.

9. What is cross contamination and how can it occur?

The transference of microorganisms from contaminated foods and areas to cooked or prepared foods

Example: Using the same chopping board for raw and cooked meat. Not washing your hands between task, or after a break

10. List 5 organisational hygiene and food safety procedures in your hospitality workplace.

E.g. Personal hygiene, fridge temperature checks, Uniform policies, hand washing,

11. Detail the steps for performing one of the procedures listed in question 10.

Answers will vary

12. Personal protective clothing and equipment is used for various job roles in the Hospitality industry. Give reasons for using each of the following examples:

PPE	Reason/task used for
Hat, cap or hairnet	To avoid physical contamination from hair/dandruff dropping in food. Used in all food prep areas.
Apron	To avoid physical contamination from clothing to food, and also to protect wearer from spills, burns.
Closed in shoes	To avoid injuries to feet from sharp/heavy objects
Gloves	Used to avoid unnecessary direct contact with foods, or during chemical usage.

13. Answer the following statements as true or false:

If you identify any hygiene risks or poor organisational practices in your hospitality workplace that you cannot rectify you should report it to your supervisor.	True	False
You must report unsafe practices that breach hygiene procedures promptly.	True	False
Hygiene procedures only need to be followed when your supervisor is watching	True	False
If you sneeze directly onto a dish you are preparing it must be reported to your supervisor and thrown away.	True	False
Work clothes must be clean and well maintained	True	False
Not following organisational policies and procedures may have serious consequences	True	False

14. Identify three food hazards that may affect the health and safety of customers, colleagues and self.

1. Temperature – not storing food at the correct temperature, or leaving out of the refrigerator for too long, also not cooking to the correct temperature
2. Cross contamination – not washing hands, using incorrect equipment, not cleaning equipment correctly
3. Contaminated food

15. List three personal health issues that are likely to cause a hygiene risk.
  1. Coughs and colds
  2. Vomiting, diarrhoea, fever
  3. Skin infection or condition
16. What must you do if you suffer from any of the health issues mentioned in Q15?

Food handlers are legally obliged to report any personal health issue to their supervisor. Food handlers must not handle any food where there is the chance they might contaminate the food because of illness.
17. What are the hygiene issues in regards to wearing jewellery, watches and hair accessories in food areas?

Bacteria can live in or under watch straps and rings, causing bacterial contamination. Earrings and stones from jewellery can fall into the food, causing physical contamination.
18. Why should you only wear organisation – approved bandages and dressings?

To ensure you are complying with food safety, and to easily identify should it fall off during food preparation and/or cooking e.g. coloured blue
19. Once food is prepared what should be done to prevent unnecessary direct contact? Give three examples.
  1. Limit food handlers
  2. Use utensils when handling/plating food
  3. Wear gloves
20. List 2 things that you can do to ensure hygienic contact with food contact surfaces e.g. work benches.
  1. Sanitise benches and chopping boards
  2. Clean all equipment thoroughly after each use
21. What is the difference between cleaning and sanitising?

Cleaning - Cleaning removes all visible dirt grease and grime  
Sanitising - Sanitising kills bacteria, or reduces them to a safe level
22. Describe how to sanitise a stainless-steel bench  
Remove any debris from the bench, wash with clean cloth detergent and allow to dry. Spray sanitiser across the bench; wait for 30 secs before wiping. Allow to dry
23. List 6 times when you should wash your hands
  - before commencing or recommencing work with food
  - immediately after:
  - handling raw food
  - smoking, coughing, sneezing or blowing the nose

- eating or drinking
- touching the hair, scalp or any wound
- using the toilet

24. Where should you wash your hands?

In the designated hand wash sink

25. Put these 5 steps for effective hand washing into order:

Step	Order (1-5)
Lather and scrub for 15 - 20 seconds, paying close attention to in between the fingers and under nails	3
Wet your hands	1
Use antibacterial soap	2
Dry with paper towel	5
Rinse thoroughly	4

26. It is very important to follow hygiene procedures. Disregarding hygiene procedures can lead to potentially serious consequences. List three ramifications of failure to follow organisational policies and procedures and Food Safety Act

1. Health and personal suffering
2. Financial – fines to employer and employee if found to have been at fault
3. Legal – prosecution both criminal and civil, imprisonment

27. What do the following terms mean, and give an example of each

	Meaning	Example
Airborne diseases	An airborne disease is any disease that is caused by pathogens and transmitted through the air	E.g. flu, chicken pox, measles
Food-borne diseases- Food Spoilage	Food spoilage is a change that deteriorates the normal state of a food product. These changes can be recognised through smell, taste, touch, or sight. They happen for to a number of reasons -- air and oxygen, moisture, light, microbial growth, and temperature	E.g. Curdled milk, mould, slimy lettuce, brown apples, green potatoes.

Food-borne diseases- Food Poisoning	Any illness resulting from the food spoilage of contaminated food, pathogenic bacteria, viruses, or parasites that contaminate food, as well as chemical or natural toxins such as poisonous mushrooms and various species of beans	E.g. Salmonella, Campylobacter
Infectious diseases	Infectious diseases are disorders caused by organisms — such as bacteria, viruses, fungi or parasites. Many organisms live in and on our bodies. They're normally harmless or even helpful, but under certain conditions, some organisms may cause disease. Some infectious diseases can be passed from person to person.	E.g. Boils, flu, Meningococcal disease.

28. What is food poisoning?

Food poisoning is caused by bacteria, viruses or toxins in the food we eat.

29. Name two types of food poisoning bacteria and the source of contamination

Examples below:

Food poisoning bacteria	Source of contamination	Effect
Salmonella	found in the gut of mammals and poultry, spread by poor food handling	Diarrhoea, fever and abdominal cramps within eight to 72 hours
Staphylococcus Aureus	found in/on human skin, infected eyes, sores and in the throat and nasal passages, spread by poor food handling	Skin and soft tissue infections such as abscesses (boils), furuncles, and cellulitis. <i>S. aureus</i> can cause serious infections such as bloodstream infections, pneumonia, or bone and joint infections

## Activity 2

### Milk

1. What are the potential hazards that can occur during receiving of milk?  
**Biological and physical**
2. During storage what temperature should the milk be kept at?  
**Less than 4°C**
3. How often should the temperature of the refrigerator be monitored?  
**Twice a day**
4. What is used to record the temperature of the refrigerator?  
**Temperature probe and recorded in the log book**
5. What should you do if the refrigerator broke down and the temperature of the milk rose during storage for over two hours?  
**Dispose of the spoilt food and record in the wastage log, and report the refrigerator fault to supervisor/technician**

### Crumbed chicken

1. What are the potential hazards that can occur during receiving of chicken?  
**Physical and Biological Hazards**
2. During storage what temperature should the chicken be kept at?  
**Less than 4°C**
3. How often should the temperature of the refrigerator be monitored?  
**Twice a day**
4. What is used to record the temperature of the refrigerator?  
**Temperature probe and recorded in the log book**
5. What should you do if the refrigerator broke down and the temperature of the chicken rose during storage?  
**Dispose of the chicken and record in the wastage log, and report the refrigerator fault to supervisor/technician.**