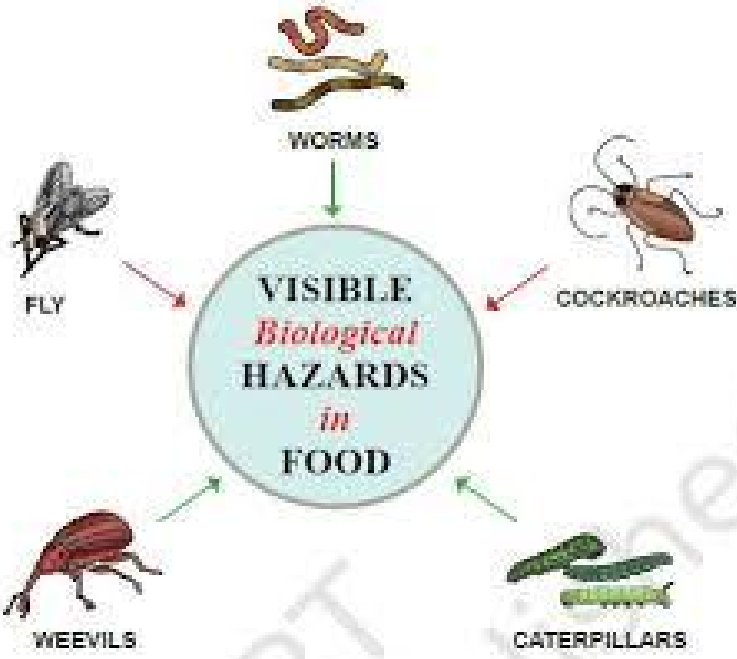
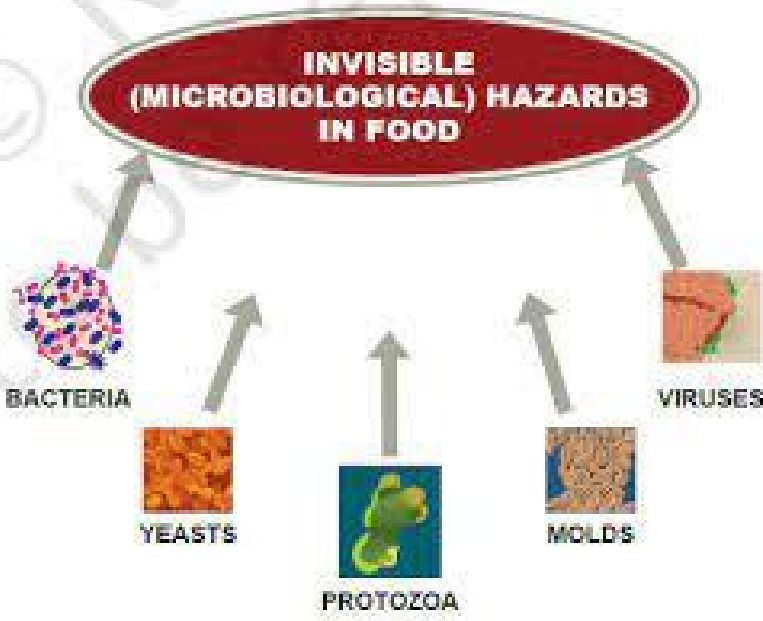
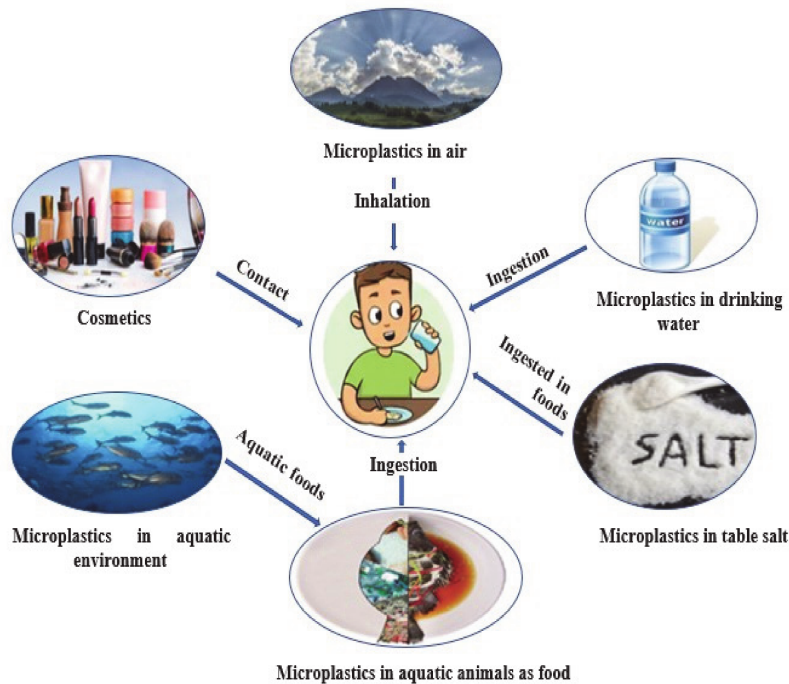


Define the suitable Cs among 7 Cs to control the hazard

<div><p>The diagram features a central yellow circle labeled "Visible Physical Hazards in Food". Ten red arrows radiate from this circle to ten different types of hazards, each accompanied by a small image and a label: Cigarettes / Matchstick, Stones, Stems, Seeds, Hairs, Bone fragments, Feathers, Jewellery, Nails, and Bolts. At the bottom left of the diagram area is the text "Ships in Service Training Material" and at the bottom right is "A-M CHAUVEL".</p></div>	<p>Check: Inspect food and ingredients for foreign objects before use.</p> <p>Clean: Maintain clean utensils, surfaces, and equipment to prevent contaminants.</p> <p>Cross Contamination Avoided: Use separate tools for raw and ready-to-eat foods to prevent contamination.</p>
<div><p>The diagram features a central green cloud-like shape labeled "INVISIBLE CHEMICAL HAZARDS IN FOOD". Six arrows point from this central shape to six categories of hazards, each with a label: PESTICIDES RESIDUES, VETERINARY RESIDUES, NON PERMISSIBLE FOOD ADDITIVES, CLEANING CHEMICALS, ADULTERANTS, and EXCESS OF PERMISSIBLE FOOD ADDITIVES.</p></div>	<p>Check: Verify the origin and quality of ingredients to prevent hidden chemical risks.</p> <p>Cross Contamination Avoided: Keep chemicals and allergens separate from food to avoid unseen contamination.</p> <p>Consume: Follow safety guidelines to limit exposure to invisible chemical hazards when eating</p>

 <p>A central light blue circle contains the text "VISIBLE <i>Biological</i> HAZARDS in FOOD". Six arrows point towards this central circle from illustrations of various insects: a fly (top left), worms (top), cockroaches (top right), caterpillars (bottom right), weevils (bottom left), and a beetle (bottom center).</p>	<p>Check: Examine food for signs of spoilage or contamination.</p> <p>Clean: Keep cooking areas and utensils clean to prevent harmful microorganisms.</p> <p>Cross Contamination Avoided: Separate raw and ready-to-eat foods to avoid spreading germs.</p> <p>Cook: Cook food well to kill harmful bacteria.</p> <p>Cool: Quickly cool cooked food to prevent bacteria growth.</p> <p>Consume: Eat food within recommended time to avoid illness.</p>
 <p>A central red oval contains the text "INVISIBLE (MICROBIOLOGICAL) HAZARDS IN FOOD". Six arrows point towards this central oval from illustrations of various microorganisms: bacteria (top left), yeasts (top), protozoa (top right), molds (bottom right), viruses (bottom center), and another bacteria illustration (bottom left).</p>	<p>Check: Inspect food for any signs of microbial spoilage or contamination.</p> <p>Clean: Maintain cleanliness to prevent the growth and spread of harmful microorganisms.</p> <p>Cross Contamination Avoided: Avoid transferring microbes between different foods.</p> <p>Cook: Ensure thorough cooking to eliminate harmful bacteria and pathogens.</p> <p>Cool: Rapidly cool cooked food to prevent microbial growth.</p> <p>Consume: Eat food promptly to reduce the risk of microbial proliferation.</p>



Air:

Check: Make sure the cooking area has clean air.

Clean: Keep air vents and filters clean.

Consume: Eat in a place with fresh air.

Water:

Check: Ensure the water used is clean.

Clean: Keep water sources uncontaminated.

Cool: Use clean water for food cooling.

Salt:

Check: Check salt for impurities.

Clean: Store salt properly.

Consume: Use salt in moderation.

Animal as Food:

Check: Inspect animal products for quality.

Clean: Handle animal products hygienically.

Cook: Cook animal products thoroughly.

Aquatic Environment:

Check: Source seafood from clean places.

Clean: Clean and process seafood properly.

Cook: Cook seafood well.

Cosmetics:

Check: Look for harmful ingredients in cosmetics.

Clean: Keep cosmetic tools clean.

Consume: Use cosmetics before they expire.

The 14 Food Allergens



Check: Inspect and assess potential hazards to identify their presence or risk level.

Clean: Maintain cleanliness in both the environment and equipment to prevent the spread of hazards.

Cross Contamination Avoided: Prevent the transfer of hazards between different sources or areas.

Cook: Apply appropriate cooking methods to eliminate or reduce hazards, particularly biological ones.

Cool: Rapidly cool foods to minimize the growth of hazards such as bacteria.

Consume: Follow recommended guidelines to consume food in a safe manner, reducing exposure to hazards.